HIGH PERFORMANCE CENTRE

Strength and Conditioning Timetable

Effective: 26th February 2024

TIME	MON	TUES	WED	THURS	FRI
6:00am	G.A.C		G.A.C		G.A.C
12:00pm	H.I.I.T	BUILD	G.A.C	BUILD	H.I.I.T
4.15pm	H.I.I.T		G.A.C		
5:15pm	H.I.I.T	BUILD	G.A.C	BUILD	

G.A.C:

Team focused endurance workouts, that challenge all energy systems. These sessions focus on higher loads and higher volume.

H.I.I.T:

Conditioning based, focusing on light to moderate loads, low complexity movements that are adaptable to all fitness levels. High energy and loads of fun.

BUILD:

A group strength program with a focus on total body and progressive overload. The purpose of the sessions is to assist with lean muscle growth, development of strength and learn new key movements.

Hobart Operating Hours

Member Access Monday - Friday:

5:30am - 10:00pm 5:30am - 8:00pm

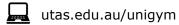
Staffed Hours

Monday - Friday: 10:30am - 9:00pm 7:45am - 10:45am Saturday:

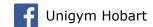


(03) 6226 2084

Saturday - Sunday:



hobart.sport@utas.edu.au



GROUP FITNESS TIMETABLE

Effective: 26th February 2024

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:00am		Spin LARRY		45 Spin RACHEL		8:00am	45 Spin RACHEL	
8:00am	UFC OMID		UFC OMID		60	8:00am	45 LesMills	
8.30am	UFC OMID		UF OMID		UFQ omid	Giovain	LAURA	
9:00am		PUATES BONITA		PUATES BONITA		9:00am	CORE HOLLY	
12:00pm	60 Lesmills BODYBALANCE NICOLE		12:30pm TAI CHI OMID	45 LESMILLS BODYPUMP NICOLE	60 Lesmils BODYBALANCE NICOLE	10:30am	60 L P5M ILL5	
4:30pm	45 LESMILLS BODYPUMP NICOLE	45	60 PILATES NICOLE	45	60 LESMILLS BODYPUMP MATT	4:30pm		60 LESMILLS BODYBALANCE NICOLE
4:30pm				45 LESMILLS BODYPUMP ADELE		6		~
5:30pm	4 Yoga NICOLE	HOLLY	60 Lesmills BODYPUMP Laura	LESMILLS BODYBALANCE	CORE HOLLY	7		
6.00pm		meta HIIT TRAINING LAURA					y	• · · · · · · · · · · · · · · · · · · ·
6:15pm	60 Phoxing		60 boxing					corner of the class in minutes iite to book into

METAFIT

Metafit keeps things simple, coach-led and technique-focused, it's a military-inspired workout that sticks to the true principles of high intensity interval training.

DION

BODY BALANCE

Combines yoga, pilates and tai chi to build flexibility and core strength through a series of stretches, moves and poses. Through controlled breathing and concentration, you'll finish feeling centred, calm and balanced.

BODY PUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

BOXING

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include battle ropes, kettlebells, bodyweight work and running. An overall conditioning class with a boxing focus.

*For hygiene purposes all participants must wear cotton gloves during the BOXING class. Inners are available from reception for a minimal fee.

CORE

DION

This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body. This workout will leave you looking good and feeling strong.

UFC

Start low, go slow! A resistance based exercise program for people over 50.

PILATES

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

SPI

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on hills, flats, mountain peaks, speed work and interval training!

YOGA

Combines the traditional principles of Yoga with slow movements and stretching. Yoga is great for increasing flexibility and balance, relieving stress and promoting relaxation.