# HIGH PERFORMANCE CENTRE

## Strength and Conditioning Timetable

**Effective: 9th October 2023**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>G.A.C</td>
<td>G.A.C</td>
<td>G.A.C</td>
<td>G.A.C</td>
<td></td>
</tr>
<tr>
<td>12:00pm</td>
<td>H.I.I.T</td>
<td>BUILD</td>
<td>G.A.C</td>
<td>BUILD</td>
<td>H.I.I.T</td>
</tr>
<tr>
<td>4.15pm</td>
<td>H.I.I.T</td>
<td></td>
<td>G.A.C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15pm</td>
<td>H.I.I.T</td>
<td>BUILD</td>
<td>G.A.C</td>
<td>BUILD</td>
<td></td>
</tr>
</tbody>
</table>

**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:**
Total body strength in one session. This format will incorporate an introduction to barbell movements and higher complexity lifts.

### Hobart Operating Hours

**Member Access**
- Monday - Friday: 5:30am - 10:00pm
- Saturday - Sunday: 5:30am - 8:00pm

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

(03) 6226 2084  utas.edu.au/unigym  hobart.sport@utas.edu.au  Unigym Hobart
<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>TIME</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8:00am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

**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**
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.

**UFO**
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.

**SPIN**
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.

*The figure in the right hand corner of the class box indicates length of class in minutes*

*Please head to our website to book into sessions 90 minutes prior.*