GROUP FITNESS TIMETABLE

Effective 10th July 2023

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00pm</td>
<td><img src="image" alt="LesMills Bodypump" /></td>
<td><img src="image" alt="CrossFit" /></td>
<td><img src="image" alt="Spin" /></td>
<td><img src="image" alt="ATB" /></td>
<td><img src="image" alt="LesMills Bodypump" /></td>
</tr>
<tr>
<td>1:00pm</td>
<td><img src="image" alt="Yoga" /></td>
<td><img src="image" alt="Yoga" /></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td></td>
<td><img src="image" alt="ATB" /></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15pm</td>
<td><img src="image" alt="HIIT" /></td>
<td><img src="image" alt="LesMills Bodypump" /></td>
<td><img src="image" alt="CrossFit" /></td>
<td><img src="image" alt="Yoga" /></td>
<td></td>
</tr>
<tr>
<td>5:35pm</td>
<td></td>
<td></td>
<td><img src="image" alt="The Burning U" /></td>
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<td></td>
</tr>
</tbody>
</table>

*Figure in the right hand corner indicates length of class in minutes

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

Operating Hours

**Fob Access (Monday - Sunday)**
5:30am - 10:00pm

**Staffed Hours (Monday - Friday)**
9:00am - 6:00pm

(03) 6324 3092

www.utas.edu.au/unigym

launceston.sport@utas.edu.au

Unigym Launceston

unigymtas
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CLASS DESCRIPTIONS

ATB
(Abs, Thighs and Butts) this 30min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels

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!

CROSSTRAIN
Expect fun cardio to tough strength work, and even some moves from our other timetable classes. The variety involved will keep the body guessing.

HIIT
High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but included battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

SPIN
Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on the hills, flats, mountain peaks, speed work and interval training to reach that endorphin high!

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

ZUU
A training style based around “primal pattern” body weight exercises. High intensity full body workouts with very specific sequences. Every workout targets all major and minor muscle groups while engaging both the anaerobic and aerobic systems.

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