GROUP FITNESS TIMETABLE

Effective 26th February 2024

<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>ATB</td>
<td>LesMills BODYPUMP</td>
<td>SPIN</td>
<td>CROSSTRAIN</td>
<td>LesMills BODYPUMP</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
<td></td>
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<tr>
<td>5:15pm</td>
<td>Cross punch</td>
<td>CROSSTRAIN</td>
<td>LesMills BODYPUMP</td>
<td>ATB</td>
<td>Yoga</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)          Staffed Hours (Monday - Friday)
5:30am - 10:00pm                      9:00am - 6:00pm

(03) 6324 3092   www.utas.edu.au/unigym   launceston.sport@utas.edu.au

Unigym Launceston   unigymtas
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.

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.

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