

GROUP FITNESS TIMETABLE

Effective 26th February 2024

TIME	MON	TUES	WED	THUR	FRI
12:00pm	45 ATB	45 LesMILLS BODYPUMP	45  SPIN	45  CROSSTRAIN	45  LESMILLS BODYPUMP
1:00pm		 Yoga		 Yoga	
5:15pm	45  CROSS PUNCH	45  CROSSTRAIN	45 LesMILLS BODYPUMP	45 ATB	45  Yoga

*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)

5:00am - 12:00am

Staffed Hours (Monday - Friday)

9:00am - 6:00pm



(03) 6324 3092



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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

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.

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!

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!

CROSS PUNCH

A boxing style class that involves traditional boxing and MMA combinations, suitable for all levels of fitness. **For hygiene purposes all participants must wear cotton gloves during the class.** Inners are available from reception for a minimal fee.

YOGA

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



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