




















GROUP FITNESS TIMETABLE

Effective 16th May 2022

TIME	MON	TUES	WED	THUR	FRI	TIME	SAT
12:00pm	⁴⁵ 	⁴⁵ 	⁴⁵ 	³⁰ 	³⁰ 	10:00am	⁴⁵ 
12:30pm				³⁰ 	³⁰ 	 Operating Hours Fob Access (Monday - Sunday) 5:30am - 10:00pm Staffed Hours (Monday - Friday) 9:00am - 6:00pm	
1:00pm		⁴⁵ 		⁴⁵ 			
5:00pm	³⁰ 	³⁰ 	³⁰ 	⁴⁵ 			
5:15pm					⁴⁵ 		
5:35pm	³⁰ 	³⁰ 	³⁰ 				

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

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



(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

BODY ATTACK

This high energy interval training class combines athletic sports inspired movements with strength and stabilisation exercises. Dynamic instructors and powerful music will motivate everyone towards their fitness goals.

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!

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.

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.**

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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