

GROUP FITNESS TIMETABLE

Effective 22nd July

TIME	MON	WED	THU
12:15PM	CORE STABILITY ⁴⁵		
4:15PM	CARDIO HIIT ⁴⁵		TONE ⁴⁵
4:30PM		metafit. ³⁰	
5:15PM	TONE ⁴⁵	ATB ⁴⁵	CROSS PUNCH ⁴⁵

*Please note that the figure in the right hand corner of the class box indicates length of class in minutes

Please show your support for your favourite classes by attending regularly as those that consistently have low participation (<10 people) will be reconsidered for inclusion in future timetables.

Burnie Centre Staffed Hours

Monday: 12:00pm-1:00pm
& 2:30pm - 6:00pm
Wednesday: 2:30pm - 6:00pm
Thursday: 3:00pm - 6:00pm
Public Holidays: Not staffed



For all Unigym enquiries outside of these hours, please contact Unigym Hobart at (03) 6226 2084.

CLASS DESCRIPTIONS

ATB

(Abs, Thighs and Butts) this 45min class is designed to strengthen, tone and shape the glutes, hamstrings, quads and core. Suitable for all fitness levels.

CARDIO HIIT

A high energy class with a focus on developing and maintaining cardiovascular fitness. Guaranteed to get the heart rate up. This class is suitable for all fitness levels.

CORE STABILITY

Designed for injury prevention by improving stability and posture. May include exercise balls, bosu balls, resistance bands and light weights.

CROSSPUNCH

A boxing style class that involves traditional boxing technique that aims to give you a whole body workout. Suitable for all fitness levels.

METAFIT

A high intensity interval style class that uses body weight only. Designed to work your major muscle groups functionally, it will tone the muscles and increase your fitness and energy levels.

TONE

Resistance training for the whole body. Strength and conditioning based, these classes vary but may include: battle ropes, kettlebells, dynamic body weight movements and weights. Suitable for all fitness levels.