# Stage 2 Launceston Timetable

**Effective: 11th June - 13th July**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00pm</td>
<td>SGT</td>
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<tr>
<td>5:00pm</td>
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**SGT (Small Group Training)**
45 minute high intensity sessions using dumbbells, kettlebells, medicine balls, rowers, spin bikes.

- Class size limited
- $7.50 per session
- Book online through Active Carrot
- All participants will be temperature checked prior to session
- Equipment cleaned before and after each class

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[University of Tasmania Sport]