HIGH PERFORMANCE CENTRE

Strength and Conditioning Timetable

Effective: 10th June 2024

TIME	MON	TUES	WED	THURS	FRI
6:00am	G.A.C		G.A.C		G.A.C
12:00pm	H.I.I.T	BUILD	G.A.C	BUILD	H.I.I.T
4.15pm	H.I.I.T	BUILD	G.A.C		
5:15pm	H.I.I.T	BUILD	G.A.C	BUILD	

G.A.C:

Team focused endurance workouts, that challenge all energy systems. These sessions focus on higher loads and higher volume.

H.I.I.T:

Conditioning based, focusing on light to moderate loads, low complexity movements that are adaptable to all fitness levels. High energy and loads of fun.

BUILD:

A group strength program with a focus on total body and progressive overload. The purpose of the sessions is to assist with lean muscle growth, development of strength and learn new key movements.

Hobart Operating Hours

Member Access

Staffed Hours

Monday - Friday:

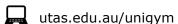
5:00am - 12:00am

Monday - Friday: Saturday:

10:30am - 9:00pm 7:45am - 10:45am



(03) 6226 2084



hobart.sport@utas.edu.au



GROUP FITNESS TIMETABLE

Effective: 10 June 2024

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:00am		45 Spin		45 Spin RACHEL		8:00am	45 Spin RACHEL	
8:00am	UFC)		UF ³⁰		60		BAR 45	
8.30am	UFC OMID		UFC OMID		UFQ OMID	8:00am	OMID	
9:00am		PUATES BONITA		PILATES BONITA		9:00am	CORE HOLLY	
12:00pm	60 LESMILLS BODYBALANCE NICOLE	45 LESMILLS BODYPUMP NICOLE	12:30pm TAI CHI OMID	45 LESMILLS BODYPUMP NICOLE	60 LESMILLS BODYBALANCE NICOLE	10:30am	60 Lesmills BODYBALANCE MING	
4:30pm	45 LESMILLS BODYPUMP NICOLE	45 Spin	PILATES NICOLE	45	60 LESMILLS BODYPUMP MATT	4:30pm	, inte	60 LESMILLS BODYBALANCE NICOLE
4:30pm				45 LESMILLS BODYPUMP ADELE			4	
5:30pm	4 Yoga NICOLE	30 CORE HOLLY	60 LESMILLS BODYPUMP NICOLE	60 LESMILLS BODYBALANCE MING	CORE HOLLY	5		
6:15pm	60 DION		60 POXING			V	yel	

^{*}The figure in the right hand corner of the class box indicates length of class in minutes

High Intensity Interval Training workout, design to improve strength, cardiovascular fitness and help to build lean muscle. The workout is a combination of barbell, weight plates, and body weight exercise."

Combines yoga, pilates and tai chi to build flexibility and core strength through a series of stretches, moves and poses. Through controlled breathing and concentration, you'll finish feeling centred, calm and balanced.

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!

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include battle ropes, kettlebells, bodyweight work and running. An overall conditioning class with a boxing focus.

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

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.

Start low, go slow! A resistance based exercise program for people over 50.

PILATES

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on hills, flats, mountain peaks, speed work and interval training!

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

^{*}Please head to our website to book into sessions 90 minutes prior.