









# Group fitness timetable

16 December, 2024 – 3 February, 2025

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am		⌚ 45 min <b>Spin</b> Larry		⌚ 45 min <b>Spin</b> Rachel			
8.00am	⌚ 30 min <b>UFO</b> Omid		⌚ 30 min <b>UFO</b> Omid		⌚ 30 min <b>UFO</b> Omid	⌚ 45 min <b>Spin</b> Rachel ⌚ 45 min <b>Bar</b> Omid	
8.30am	⌚ 30 min <b>UFO</b> Omid		⌚ 30 min <b>UFO</b> Omid		⌚ 30 min <b>UFO</b> Omid		
9.00am		⌚ 60 min <b>Pilates</b> Bonita		⌚ 60 min <b>Pilates</b> Bonita		⌚ 30 min  <b>CORE</b> Holly	
10.30am						⌚ 60 min  <b>BODYBALANCE</b> Ming	
12.00pm	⌚ 60 min  <b>BODYBALANCE</b> Nicole	⌚ 45 min <b>LES MILLS</b> <b>BODYPUMP</b> Nicole		⌚ 45 min <b>LES MILLS</b> <b>BODYPUMP</b> Nicole	⌚ 60 min  <b>BODYBALANCE</b> Ming		
4.30pm	⌚ 45 min <b>LES MILLS</b> <b>BODYPUMP</b> Nicole	⌚ 45 min <b>Spin</b> Omid	⌚ 60 min <b>Pilates</b> Nicole	⌚ 45 min <b>Spin</b> Larry	⌚ 60 min <b>LES MILLS</b> <b>BODYPUMP</b> Matt		⌚ 60 min  <b>BODYBALANCE</b> Nicole
5.30pm	⌚ 60 min <b>Yoga</b> Nicole	⌚ 30 min  <b>CORE</b> Holly	⌚ 60 min <b>LES MILLS</b> <b>BODYPUMP</b> Nicole	⌚ 60 min  <b>BODYBALANCE</b> Ming	⌚ 30 min  <b>CORE</b> Holly		
6.15pm	⌚ 60 min <b>Boxing</b> Dion		⌚ 60 min <b>Boxing</b> Dion				

\*The figure in the top left corner of the class box indicates length of class in minutes.

\*Please book classes via our Online portal up to 22 hours in advance.

# High Performance Centre

## Strength and conditioning timetable

Summer timetable					
TIME	MON	TUE	WED	THUR	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	

### BUILD

In BUILD, you'll focus on strength progression through progressive overload, aiming to increase the weight you can lift. This total body strength workout helps you build muscle, boost your metabolism, and improve your overall fitness. Join us on Tuesdays and Thursdays.

### G.A.C

These team-focused workouts challenge all your energy systems with cardio-based exercises designed to enhance your overall fitness, power, and endurance. Come train with us on Mondays, Wednesdays, and Fridays.

### H.I.I.T

In this strength and conditioning class, you'll use light to moderate loads and low complexity movements, making it adaptable for all fitness levels. You'll get leaner, stronger, faster, and fitter. Join us on Mondays and Fridays.

### Hobart operating hours

#### Members access

Monday – Friday: 5.00am–12.00am

#### Staffed hours

Monday to Friday: 8.00am–9.00pm

Saturday: 7.45am–10.45pm

To learn more, visit [utas.edu.au/unigym](https://utas.edu.au/unigym)

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