

Group fitness timetable

Effective from 2 December 2024

TIME	MON	TUE	WED	THUR	FRI
12.00pm		🕒 45 min LES MILLS BODYPUMP		🕒 45 min HIIT	🕒 45 min ATB
5.15pm	🕒 45 min ATB	🕒 45 min HIIT		🕒 45 min Boxing	🕒 45 min Yoga

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

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

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.

LES MILLS BODYPUMP

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!

Boxing

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 class. Inners are available from reception for a minimal fee.*

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.

Yoga

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

Launceston operating hours

Members access

Monday to Sunday: 5.00am–12.00am

Staffed hours

Monday to Friday: 9.00am–6.00pm

To learn more, visit utas.edu.au/unigym

(03) 6226 2084 | launceston@unigym.utas.edu.au