

GROUP FITNESS TIMETABLE

Effective 2nd July

TIME	MON	TUES	WED	FRI
7:15AM				 HIIT ⁴⁵
3:15PM	 HIIT ⁴⁵	 cross punch ⁴⁵	CARDIO BUZZ ⁴⁵	
4:00PM	Roll & Release ¹⁵	Roll & Release ¹⁵	Roll & Release ¹⁵	
4:15PM	CARDIO BUZZ ⁴⁵	ATB ⁴⁵	 HIIT ⁴⁵	
5:10PM	 cross punch ⁴⁵	 BOOT CAMP ⁴⁵	 TONE ⁴⁵	
6:00PM	 TONE ³⁰	CORE STABILITY ³⁰	ATB ³⁰	

*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	2:45pm - 6:45pm
Tuesday	2:45pm - 6:45pm
Wednesday	2:45pm - 6:45pm
Public Holidays	Not staffed



For all Unigym enquiries outside of these hours, please speak with reception staff at studentservices: 6430 4999

CLASS DESCRIPTIONS

ATB

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

BOOTCAMP

Get into the shape of your life with these drills! Combining cardio, resistance training and varied intensity!

CARDIO BUZZ

A high energy class focusing on developing and maintaining cardiovascular fitness, suitable for all fitness levels.

CORE STABILITY

This class will work on building your core strength and stability to improve muscle tone and posture.

CROSSPUNCH

A boxing style class that involves traditional boxing and MMA combinations, suitable for all levels of fitness.

HIIT

High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but include battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

ROLL AND RELEASE

Come along and roll your stress away. We will teach you a range of stretching methods and foam rolling techniques.

TONE

Resistance training for the whole body focused on muscular endurance. Suitable for all fitness levels.