

GROUP FITNESS TIMETABLE

Effective from 17 July 2017

Launceston Centre Opening Hours:

Monday – Friday	. 7am - 9pm
Saturday	. 9am - 1pm
Sunday	. 10am - 1pm
Public Holidays	. 12pm - 4pm



(03) 6324 3092 unigym.com.au launceston@unigym.com.au Unigym Launceston



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

BODY ATTACK

This high energy interval training class combines athletic sports inspired movements with strength and stabilisation exercises. Dynamic instructors and powerful music will motivate everyone towards their fitness goals.

BODY STEP

Lift your fitness, raise your energy! A full body cardio workout that will target and tone your butt and thighs. This class will help build stamina and use athletic and weight plate exercises, while playing great fun music. Body step is for everyone, moves can be high intensity, but there are plenty of options to get you through the workout safely.

CROSSPUNCH

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

CX-WORK

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.

HIT

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.



METAFIT

A 30min high intensity interval style class that uses body weight only. This whole body workout is designed to work your major muscle groups functionally. It will tone the muscles and increase your fitness and energy levels.

PILATES

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

PUMP

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!

SPIN

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

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.

ZUU

A training style based around "primal pattern" body weight exercises. The sessions are constructed into high intensity full body workouts with very specific sequences. Every workout targets all major and minor muscle groups while engaging both the anaerobic and aerobic systems. ZUU workouts are some of the most comprehensive and intense workouts you'll ever do!

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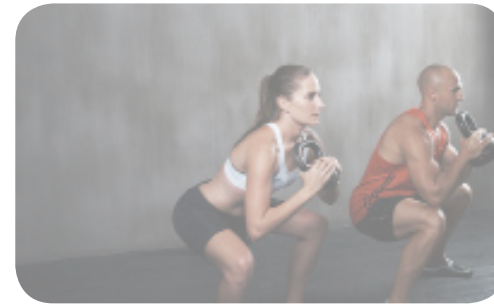
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TIME	MON	TUES	WED	THURS	FRI	SAT
7:15am	45 LES MILLS BODYPUMP	30 LES MILLS CXWORX	45 yoga	45 LES MILLS BODYATTACK		
10:00am						30 LES MILLS BODYPUMP
10:30am						30 LES MILLS BODYATTACK
12:00pm	30 cross punch	30 LES MILLS BODYPUMP	45 LES MILLS BODYSTEP	30 spin	30 LES MILLS BODYPUMP	
12:30pm	30 spin	30 metafit.		30 ATB	30 LES MILLS CXWORX	
1:00pm	50 PI.LATES			45 yoga		
5:00pm	30 ATB	30 spin	30 LES MILLS CXWORX	30 HIIT	30 spin	
5:15pm	45 yoga		45 cross punch		50 yoga	
5:35pm	30 ZUU	30 HIIT	30 ZUU	45 LES MILLS BODYPUMP		
6:05pm		60 LES MILLS BODYATTACK				



*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 RE-CONSIDERED FOR INCLUSION IN FUTURE TIMETABLES.

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