

GROUP FITNESS TIMETABLE



UNSW SYDNEY Fitness and Aquatic Centre

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30AM HIIT	45 mins. GYM FLOOR	6:30AM STRENGTH	45 mins. GYM FLOOR	6:30AM HIIT	45 mins. GYM FLOOR	6:30AM STRENGTH	45 mins. GYM FLOOR	6:30AM HIIT	45 mins. GYM FLOOR				
7:30AM *OSTEO-Fit	60 mins. SKY STUDIO			7:30AM Run, Lift, Carry (RLC)	45 mins. GYM FLOOR			7:30AM *OSTEO-Fit	60 mins. SKY STUDIO				
7:30AM Run, Lift, Carry (RLC)	45 mins. GYM FLOOR			7:30AM *OSTEO-Fit	60 mins. SKY STUDIO								
8:30AM *OSTEO-Fit	60 mins. SKY STUDIO			8:30AM CORE	30 mins. GYM FLOOR			8:30AM *OSTEO-Fit	60 mins. SKY STUDIO	8:30AM HIIT	45 mins. GYM FLOOR	8:30AM STRENGTH	45 mins. GYM FLOOR
8:30AM *OSTEO-Strong	60 mins. GYM FLOOR	8:30AM *OSTEO-Strong	60 mins. GYM FLOOR	8:30AM *OSTEO-Fit	60 mins. SKY STUDIO	8:30AM *OSTEO-Strong	60 mins. GYM FLOOR	8:30AM *OSTEO-Strong	60 mins. GYM FLOOR	8:30AM YOGA	60 mins. SKY STUDIO		
9:30AM *OSTEO-Strong	60 mins. GYM FLOOR	9:30AM *OSTEO-Strong	60 mins. GYM FLOOR	9:30AM *OSTEO-Fit	60 mins. SKY STUDIO	9:30AM *OSTEO-Strong	60 mins. GYM FLOOR	9:30AM *OSTEO-Strong	60 mins. GYM FLOOR	9:45AM ZUMBA	45 mins. SKY STUDIO		
		10:45AM AQUA	45 mins. POOL			10:45AM AQUA	45 mins. POOL	10:45AM AQUA	45 mins. POOL				
12:30AM STRENGTH	45 mins. GYM FLOOR	12:30PM HIIT	45 mins. GYM FLOOR	12:30PM BOXING*	45 mins. GYM FLOOR	12:30PM HIIT	45 mins. GYM FLOOR	12:30PM STRENGTH	45 mins. GYM FLOOR				
12:30PM YOGA	60 mins. SKY STUDIO	12:30PM PILATES	45 mins. SKY STUDIO	12:30PM YOGA	45 mins. SKY STUDIO	12:30PM PILATES	45 mins. SKY STUDIO	12:30PM YOGA	45 mins. SKY STUDIO				
										4:00PM HIIT	45 mins. GYM FLOOR	4:00PM STRENGTH	45 mins. GYM FLOOR
5:00PM STRENGTH	45 mins. GYM FLOOR	5:00PM ABT (women only)	45 mins. SKY STUDIO	5:00PM STRENGTH	45 mins. GYM FLOOR	5:00PM ABT (women only)	45 mins. SKY STUDIO	5:00PM STRENGTH	45 mins. GYM FLOOR				
6:00PM Zumba	45 mins. SKY STUDIO			6:00PM ZUMBA	45 mins. SKY STUDIO			6:00PM HIIT	45 mins. GYM FLOOR				
6:00PM HIIT	45 mins. GYM FLOOR	6:00PM BOXING*	45 mins. GYM FLOOR	6:00PM HIIT	45 mins. GYM FLOOR	6:00PM BOXING*	45 mins. GYM FLOOR						
		6:30PM ZUMBA	45 mins. SKY STUDIO			6:30PM ZUMBA	45 mins. SKY STUDIO						
7:30PM PILATES	45 mins. SKY STUDIO	7:30PM YOGA	60 mins. SKY STUDIO	7:30PM PILATES	45 mins. SKY STUDIO	7:30PM YOGA	60 mins. SKY STUDIO						

*Osteo classes (Osteo Fit & Osteo Strong) are ONLY available as part of the Osteo membership plan - ask reception for more info

BOXING	Learn boxing (bring inner gloves or purchase at reception)
CORE	Focus on Abs, core and balance.
HIIT	High intensity interval training - Low resistance, high reps
STRENGTH	Work on basic lifts and exercises - high resistance, low reps
*OSTEO—Fit	Senior's functional training: cardio, balance and free weights
*OSTEO—Strong	Senior's strength Circuit on the pin machines
OSTEO Membership	Gives access to all classes - OSTEO-Fit and OSTEO-Strong Program run by our EP's and claimable with most health insurance
ABT (women only)	Women only - Circuit style class focusing on lower body and abs.
AQUA	Cardio workout in music using water as resistance.
PILATES	Focus on core strength and stability, perfect way to tone your body.
PUMP	Barbell class, work on your full body one song at the time.
RUN, LIFT, CARRY (RLC)	
YOGA	Mix of strength, balance and mobility. Perfect to correct posture and relax.
ZUMBA	Fun cardio workout, join the dance party! (standing only)

NOTE: Please arrive early to your classes to get setup. For your safety, you will be refused entry if you miss the warm-up.