

2024 SEMESTER 1

# GROUP FITNESS TIMETABLE



TIME	MON	TUES	WED	THU	FRI	SAT
6.00 AM	BODY PUMP				BODY PUMP	
7.00 AM		YOGA	BODY COMBAT	RPM		
8.00 AM		LIFT				YOGA (ON THE GRASS) RPM
8.30 AM		SPIN (30mins)	SPIN (30mins)	SPIN (30mins)		BODY COMBAT
9.00 AM	BODY PUMP				BODY PUMP	
9.30 AM						BODY PUMP
12.30 PM	PILATES	BODY ATTACK	YOGA @ GUILD		PILATES	
1.30 PM		MOVEMENT @ TLR				
4.00PM		BODY PUMP		BODY PUMP		
5:30 PM	RPM	RPM	RPM BODY PUMP			
6.00 PM	BODY PUMP	ZUMBA		ZUMBA		
6.30 PM			BODY ATTACK			
7.00 PM	YOGA					
7.30 PM			YOGA			

Timetable subject to change. View the latest group fitness timetable at [uwa.edu.au/sport](http://uwa.edu.au/sport)

# GROUP FITNESS CLASSES



**BODY PUMP** is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives a total body workout. It can burn up to 540 calories.

Low to moderate fitness level | **60 mins**

**LIFT** is a focused strength training class for beginners. With an emphasis on correct form and technique, we will have you lifting in no time.

Low to moderate fitness level | **60 mins**

**PILATES** concentrates on posture, balance, flexibility and core strength. Complimenting all fitness levels, this class is a game changer for your health and wellbeing. Regardless of your exercise habits, add this holistic class to your routine today to sculpt a new you.

ALL fitness levels | **60 mins**

**RPM** is a group indoor cycling workout where you control the intensity. It is fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Moderate to hard fitness level | **60 mins**

**BODY ATTACK** is a high-energy fitness class with moves that cater for total beginners to experienced attackers. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Moderate to high fitness level | **45-55 mins**

**BODY COMBAT** is an empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

Moderate to high fitness level | **45-55 mins**

**MINDFULNESS** is a combination of yoga, meditation and sound relaxation that prepares the mind and body for total relaxation and mindfulness.

ALL fitness levels | **60 mins**

**SPIN** is a fast-paced cardio workout with pumping music. Based in the spin room, this class will raise your heart rate and lower your calories in just 30 minutes. Bring all your energy for this brand-new addition to our timetable.

ALL fitness levels | **30 mins**

**YOGA** is a body-mind discipline emphasising the enhancement of physical and mental well-being through posture work, breathing practices and meditation. Develop strength, flexibility, improved circulation and tone through the entire body.

Low to moderate fitness level | **60 mins**

**ZUMBA** Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. This exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness party is moving millions of people towards joy and health.

Low to moderate fitness level | **60 mins**

**MOVEMENT @ TLR** is a series of low intensity, low impact movement activities held at The Living Room (Shenton House). Exclusively for UWA students, this class focuses on making you feel good!

Low to moderate fitness level | **60 mins**

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