

SEMESTER 2

# GROUP FITNESS TIMETABLE



**UWA**  
PERTH · AUSTRALIA

**SPORT**

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
6.05 AM	BODY PUMP	JUMPSTART	BODY PUMP	JUMPSTART	BODY PUMP		
7.00 AM	JUMPSTART	RPM	JUMPSTART	RPM	JUMPSTART		
8.30 AM						BODY PUMP	BODY PUMP
9.00 AM	BODY PUMP	JUMPSTART	BODY ATTACK	JUMP START	YOGA	BODY PUMP	JUMPSTART
9.30 AM							YOGA
12.00 PM	YOGA		BODY PUMP				
12.30PM		CX WORX & BALANCE COMBO					
1.00 PM			YOGA		ZUMBA		
4.00PM		BODY PUMP		BODY PUMP			
5.05 PM		BODY ATTACK EXP & CX WORX	BODY ATTACK	BODY ATTACK EXP & CX WORX			
5.30 PM	RPM		RPM		BODY PUMP		
6.00 PM	ULTRAFIT	BOXFIT	ULTRAFIT	BOXFIT	ULTRAFIT		
6.05 PM	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA			
7.05 PM	YOGA		BODY BALANCE				

All classes run for one hour. Timetable subject to change. View the latest group fitness timetable at [sport.uwa.edu.au](http://sport.uwa.edu.au)