

# FUNCTIONAL TRAINING CLASSES



**UWA**  
PERTH · AUSTRALIA

**SPORT**

**2023 SEMESTER 1  
TIMETABLE**

TIME	MON	TUES	WED	THU	FRI	SAT		SUN
7.00 AM	JUMPSTART	HIIT	JUMPSTART	STRENGTH & CORE	JUMPSTART			
8.00 AM	BOXING		BOXING (WOMEN ONLY)		STRENGTH & CORE	ULTRA-FIT	PARKRUN	
9.00 AM		JUMPSTART	TABATA	JUMPSTART				JUMPSTART
5.00 PM	BOXING		BOXING					
6.00 PM	ULTRA FIT	TABATA	ULTRA FIT	HIIT	TABATA			

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

# FUNCTIONAL TRAINING CLASSES



**BOXING** Learn basic boxing skills, increase your strength and improve your endurance through this fun and challenging class. Perfect for all fitness levels, this class will include pad work combos, shadow boxing, and strength exercises. Get your sweat on to help you build a strong core, burn loads of calories, and feel the best you possibly can!

[ALL fitness levels](#) | **45 minutes**

**High-Intensity Interval Training (HIIT)** is guaranteed to challenge you physically and mentally from start to finish! Focus on performing your best and burning calories within a high-energy team environment. Suitable for all fitness levels, each class will have you sweating through a circuit-style workout including speed, agility, core, and bodyweight strength exercises.

[ALL fitness levels](#) | 45 minutes

**JUMPSTART** This is the total body workout that really will JUMPSTART your morning! With a fun but motivating focus, this class is a must-try workout for those who want to increase their strength, mobility and cardiovascular fitness.

[ALL fitness levels](#) | **50-60 minutes**

**STRENGTH & CORE** This is the ultimate strength & core workout, designed specifically to improve your strength using safe lifting techniques while focusing on engaging your abs. Build your functional strength and unlock your true potential!

[ALL fitness levels](#) | **45 minutes**

**TABATA** a supercharged workout that aims to get the most benefit over a short amount of time. The 20 seconds work, 10 secs rest dynamic uses a variety of strength, cardio & core. This style of exercise gives you maximum burn with minimum work.

[ALL fitness levels](#) | **60 minutes**

**ULTRA - FIT** Designed to truly push each participant to improve their current physical ability, this high-intensity session uses your bodyweight as much as possible to not only rapidly improve your overall fitness, but to increase your strength, speed and flexibility.

[ALL fitness levels](#) | **60 minutes**



**Upgrade Your Workout  
with the UWA Gym App**

Track your workouts, access exclusive deals and more with the UWA Gym app!

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