

SEMESTER 2

GROUP FITNESS TIMETABLE



UWA
PERTH · AUSTRALIA

SPORT

TIME	MON	TUES	WED	THU	FRI	SAT
6.00 AM	BODY PUMP		BODY ATTACK	RPM	BODY PUMP	
7.00 AM						
8.00 AM						RPM YOGA (ON THE GRASS)
8.30 AM		SPIN		SPIN		BODY PUMP
9.00 AM	BODY PUMP				BODY PUMP	
9.30 AM						
12.30 PM	PILATES	BODY ATTACK	BODY COMBAT	MINDFULNESS	PILATES	
1.30 PM						
4.00PM		BODY PUMP	YOGA	BODY PUMP		
5:30 PM	RPM	RPM	RPM			
6.00 PM	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA		
7.00 PM	YOGA		YOGA	BODY COMBAT		

Timetable subject to change. View the latest group fitness timetable at 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**

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**

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



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

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