

Online Group Fitness Timetable – From Monday 2nd August 2021

2 ND AUG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	ZOOM HEALTH 4 LIFE45MIN	ZOOM BODYPUMP- 60MIN	ZOOM HEALTH 4 LIFE- 45MIN	ZOOM BODYBALANCE- 60MIN	ZOOM HEALTH 4 LIFE- 45MIN
12:00pm	ZOOM BODYBALANCE- 60MIN	ZOOM FMT STRENGTH - 45MIN	ZOOM YOGA-60MIN	ZOOM FMT HIIT- 45MIN	ZOOM BODYPUMP/LM CORE- 60MIN
4:30pm	ZOOM BODYPUMP- 45MIN		ZOOM LM CORE- 45MIN		ZOOM BODYBALANCE- 60MIN
5:30pm	ZOOM YOGA- 45MIN	ZOOM FMT HIIT- 45MIN	ZOOM BODYBALANCE- 60MIN	ZOOM FMT STRENGTH - 45MIN	
*CHECK OUT OUR LOCKDOWN WORKOUTS DROPPED THROUGHOUT THE WEEK					

FMT and Health 4 Life (H4L) classes and Zoom links are listed within each events on the UniActive Facebook page.

www.facebook.com/uowuniactive/events

All BODYBALANCE, YOGA, BODYPUMP and CORE classes and Zoom links are listed within the [UniActive Online Group Exercise](https://www.facebook.com/groups/500735641125210) group. Join the group to work out from home. <https://www.facebook.com/groups/500735641125210>