

Online Group Fitness Timetable – From Monday 26th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily	LOCKDOWN WORKOUT	LOCKDOWN WORKOUT	LOCKDOWN WORKOUT	LOCKDOWN WORKOUT	LOCKDOWN WORKOUT	
9:00am	ZOOM HEALTH 4 LIFE 45MIN	ZOOM BODYBALANCE 60MIN	ZOOM HEALTH 4 LIFE 45MIN	ZOOM BODYPUMP 45MIN	ZOOM HEALTH 4 LIFE 45MIN	MYSTERY CHALLENGE
12:00pm	ZOOM BODYBALANCE 60MIN	ZOOM FMT STRENGTH 45MIN	ZOOM YOGA 45MIN	ZOOM FMT HIIT 45MIN	ZOOM BODYPUMP/LM CORE 60MIN	
4:30pm	ZOOM BODYPUMP 60MIN		ZOOM BODYPUMP 45MIN		ZOOM BODYBALANCE 60MIN	
5:30pm	ZOOM YOGA 45MIN	ZOOM FMT HIIT 45MIN	ZOOM LM CORE 45MIN	ZOOM FMT STRENGTH 45MIN		

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>