

SPORTS CENTRE GROUP FITNESS TIMETABLE

SEMESTER TWO 2016

- **CARDIO & STRENGTH**
- **FUNCTIONAL TRAINING**
- **LES MILLS**
- **WELLNESS**



START TIME	MON	TUES	WED	THU	FRI
7:00 AM	BOOT CAMP 60 MINS				
9:00 AM		GENTLE EXERCISE 60 MINS			
12:30 PM		YOGA 60 MINS		BODY PUMP 60 MINS	
5:15 PM	BODY PUMP 60 MINS	BOXING 60 MINS	CYCLING 50 MINS	YOGA 60 MINS	
6:15 PM			PILATES 45 MINS	CYCLING 50 MINS	
7:30 PM	BEGINNER MMA 60 MINS				

RMIT Sports Centre

Entrance 2 McKimmies Road,
Bundoora

Operating Hours

Monday to Friday: 6.30am to 9pm
Saturday to Sunday: 8am to 6pm
Closed public holidays.

Contact

Tel: +61 3 9925 7999
Email: programs@rmit.edu.au
www.rmit.edu.au/students/sportscentre

NOTE: Timetable valid from 17 October 2016 to 24 November 2016. Timetable subject to change.

CLASS DESCRIPTIONS

BOOT CAMP

Fast track your fitness with circuits, interval training and results driven strength and conditioning. The class caters for all fitness and experience levels, and surprises you with either indoor or outdoor training sessions.

GENTLE EXERCISE

This class is designed for those young at heart. Modified strength and conditioning exercises using therabands, foam rollers and Swiss balls aimed at improving your strength, bone density and posture.

YOGA

Stress relief whilst increasing mental and physical awareness through poses and stretching exercises. With emphasis on breathing, Yoga assists in balancing and conditioning the body whilst increasing your stamina.

CYCLING

Have fun while increasing your cardiovascular fitness, burn fat and tone your body in this high intensity class using stationary bikes.

BODY PUMP

BODYPUMP® is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!

PILATES

Improve body awareness and posture while focusing on your breathing to decrease stress levels. Pilates targets abdominal, back and shoulder muscles whilst strengthening the pelvic floor and core to improve coordination and balance.

BEGINNER MMA

Learn about the fundamentals on Mixed Martial Arts (MMA) by completing a combination of striking, wrestling and kicking combinations you will increase your stamina, strength whilst having fun.

BOXING

This high intensity class improves cardiovascular fitness, muscular endurance, speed and co-ordination all while reducing stress levels through throwing punches.



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