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<th>START TIME</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>BOOT CAMP</td>
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<td>9:00 AM</td>
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<td>GENTLE</td>
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<td>12:30 PM</td>
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<td>YOGA</td>
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<td>BODY PUMP</td>
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<tr>
<td>5:15 PM</td>
<td>BODY PUMP</td>
<td>BOXING</td>
<td>CYCLING</td>
<td>YOGA</td>
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<td>6:15 PM</td>
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<td>PILATES</td>
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<td>7:30 PM</td>
<td>BEGINNER</td>
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<td>MMA</td>
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**SPORTS CENTRE**
**GROUP FITNESS TIMETABLE**
**SEMESTER TWO 2016**

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

**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.