



UQ SPORT

GROUP FITNESS

UQ SPORT
FITNESS CENTRE
B25

SEMESTER 1 GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
	BODYPUMP® 6:45 - 7:45AM STUDIO	BODYATTACK® 7:00 - 7:45AM STUDIO	PILATES 7:45 - 8:45AM STUDIO		FLOW HATHA 8:30 - 10:00AM STUDIO	
	STRENGTH & BALANCE 9:15 - 10:15AM STUDIO	BODYPUMP® EXPRESS 12:00 - 12:30PM STUDIO	STRENGTH & BALANCE 9:15 - 10:00AM STUDIO			
ZUMBA® 12:15PM - 1:00PM STUDIO	BODYPUMP® 1:00 - 2:00PM STUDIO	VIN YIN YOGA 12:45 - 1:45PM STUDIO	CORE YOGA 1:00 - 1:45PM STUDIO	VINYASA YOGA 12:00 - 1:00PM STUDIO	BODYPUMP® 9:00 - 10:00AM SPORTS HALL	
BODYPUMP® 4:30 - 5:30PM SPORTS HALL	HIIT & CORE 4:30 - 5:15PM SPORTS HALL	ABT 4:30 - 5:15PM STUDIO	BODYATTACK® 4:30 - 5:15PM SPORTS HALL	BODYATTACK® 4:30 - 5:15PM STUDIO	ZUMBA® 4:30 - 5:15PM STUDIO	
PILATES 5:30 - 6:30PM STUDIO	VINYASA YOGA 5:00 - 6:00PM STUDIO	BODYPUMP® 5:30 - 6:30PM STUDIO	BODYPUMP® 5:30 - 6:30PM SPORTS HALL	BODYPUMP® 5:30 - 6:30PM STUDIO		
STRENGTH 5:30 - 6:30PM PT, ROOM 102		STRENGTH 5:30 - 6:30PM PT, ROOM 102				
VIN YIN YOGA 6:30 - 7:30PM STUDIO	BODYATTACK® 6:00 - 7:00PM STUDIO	ZUMBA® 6:30 - 7:15PM STUDIO	VIN YIN YOGA 6:15 - 7:15PM STUDIO	ZUMBA® 6:30 - 7:15PM STUDIO		
METCON 6:30 - 7:30PM PT, ROOM 102		METCON 6:30 - 7:30PM PT, ROOM 102				

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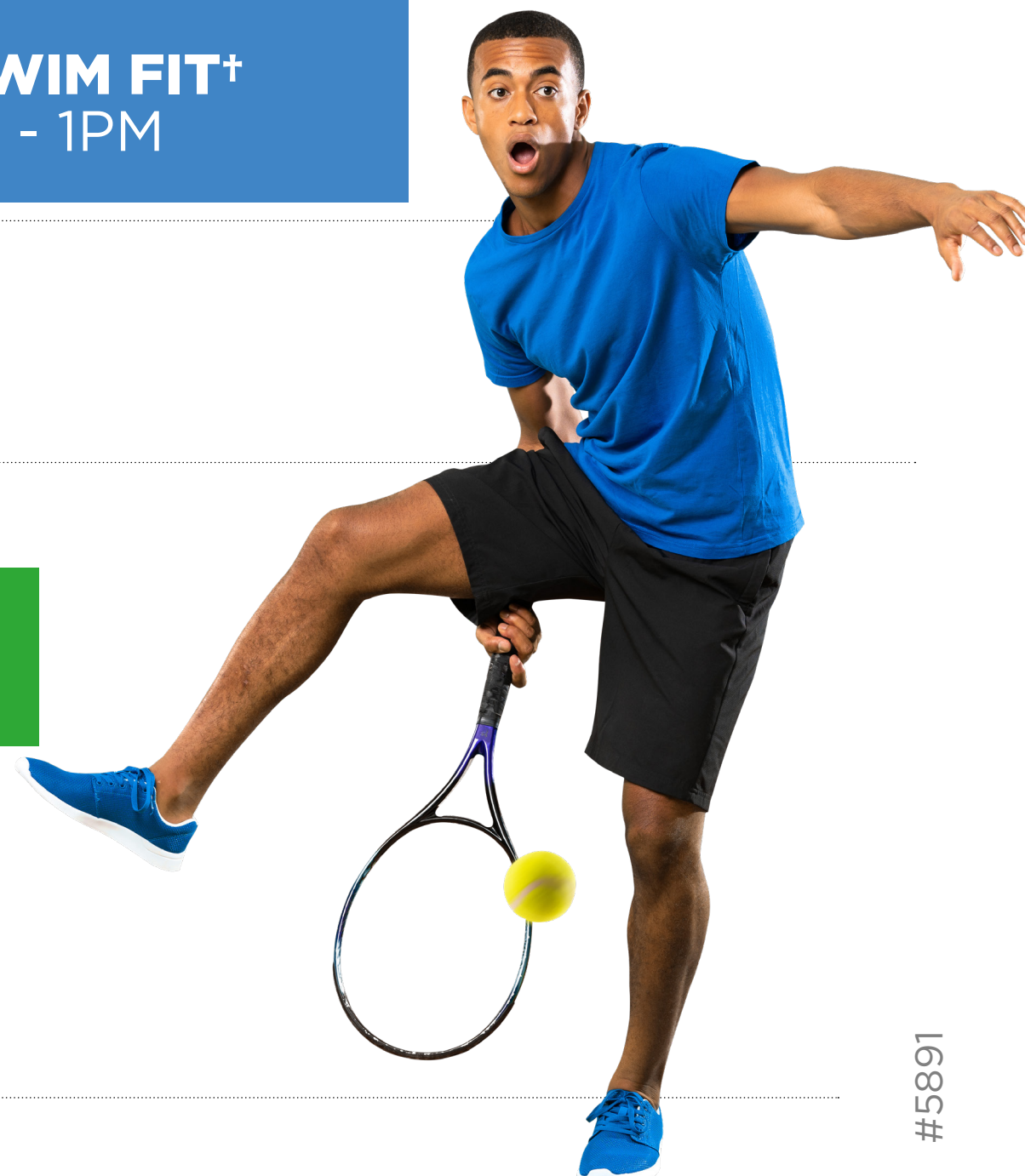
POOL GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT
SWIM FIT+ 5 - 6AM	SWIM FIT+ 5 - 6AM	SWIM FIT+ 5 - 6AM	SWIM FIT+ 5 - 6AM	SWIM FIT+ 5 - 6AM	SWIM FIT+ 5 - 6AM
SWIM FIT+ 6 - 7AM	AQUA FIT 7 - 8AM	SWIM FIT+ 6 - 7AM	AQUA FIT 7 - 8AM	SWIM FIT+ 6 - 7AM	
SWIM FIT+ 9 - 10AM		SWIM FIT+ 9 - 10AM		SWIM FIT+ 9 - 10AM	
SWIM FIT+ 12 - 1PM		SWIM FIT+ 12 - 1PM		SWIM FIT+ 12 - 1PM	
SWIM FIT+ 6 - 7PM	SWIM FIT+ 6 - 7PM	SWIM FIT+ 6 - 7PM	SWIM FIT+ 6 - 7PM		

*Swim Fit is a squad program and is recommended for individuals who are confident swimming more than 500m.

TENNIS GROUP FITNESS TIMETABLE

MON	TUE	WED	THU
CARDIO TENNIS 6 - 7PM	CARDIO TENNIS 6 - 7PM	CARDIO TENNIS 6 - 7PM	CARDIO TENNIS 6 - 7PM



GROUP FITNESS

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