



UQ SPORT

GROUP FITNESS

UQ SPORT
FITNESS CENTRE
B25

SEMESTER 1 GROUP FITNESS TIMETABLE

| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|---|---|
| | 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 | | SUN |
| 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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UQ SPORT

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+ 6 - 7AM |
| SWIM FIT+ 6 - 7AM | AQUA FIT 7 - 8AM | SWIM FIT+ 6 - 7AM | AQUA FIT 7 - 8AM | SWIM FIT+ 6 - 7AM | NEW TIME |
| 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

UQ SPORT
AQUATIC CENTRE
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