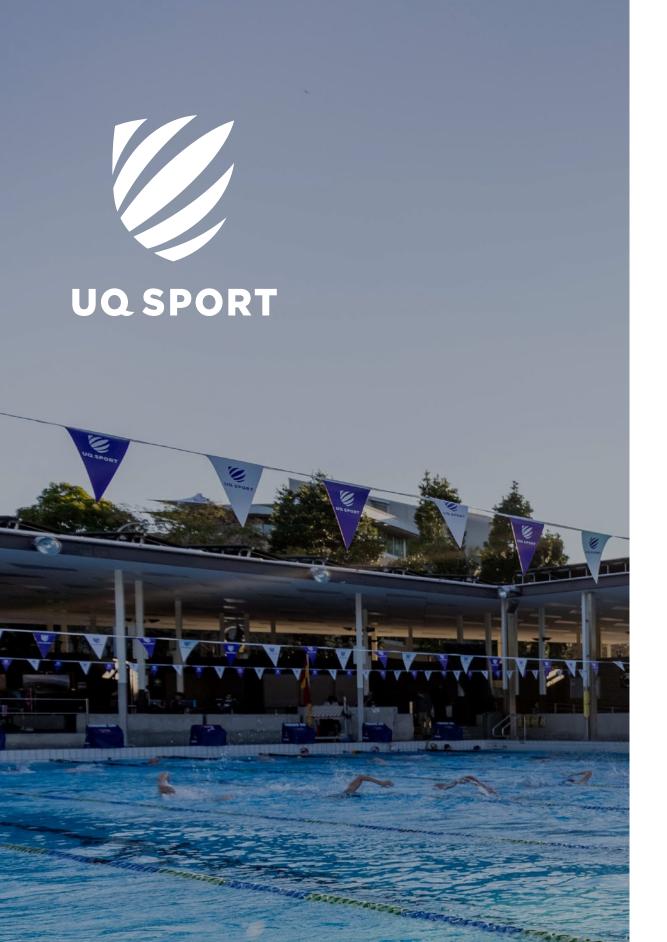


SEMESTER 1 GROUP FITNESS TIMETABLE

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		METCON 6:30 - 7:30PM			

PT, ROOM 102

PT, ROOM 102



GROUP FITNESS

UQ SPORT AQUATIC CENTRE B27

POOL GROUP FITNESS TIMETABLE

FRI MON TUE WED THU SWIM FIT[†] SWIM FIT[†] **SWIM FIT[†] SWIM FIT**[†] **SWIM FIT[†]** 5 - 6AM **SWIM FIT**[†] 6 - 7AM **SWIM FIT[†] AQUA FIT SWIM FIT[†] AQUA FIT** 6 - 7AM 6 - 7AM 7 - 8AM 7 - 8AM **SWIM FIT[†] SWIM FIT[†] SWIM FIT**† 9 - 10AM 9 - 10AM 9 - 10AM **SWIM FIT**[†] **SWIM FIT**† **SWIM FIT**† 12 - 1PM 12 - 1PM 12 - 1PM **SWIM FIT**[†] **SWIM FIT**[†] SWIM FIT[†] **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

6 - 7PM

TUE

WED

ГНИ

6 - 7PM

CARDIO TENNIS 6 - 7PM

CARDIO TENNIS 6 - 7PM

6 - 7PM

CARDIO TENNIS 6 - 7PM **CARDIO TENNIS** 6 - 7PM

NEW TIME

SAT

SWIM FIT[†] 6 - 7AM

