

## **GROUP FITNESS - GATTON**

MON

TUE

WED

THU

FRI

SAT

**LOWER MRT** 5.30 - 6.30AM

FITNESS CENTRE BUILDING 8145 **UPPER MRT** 5.30 - 6.30AM

FITNESS CENTRE BUILDING 8145 HIIT 5.30 - 6.15AM FITNESS CENTRE

BUILDING 8145

**AQUAFIT** 8.30 - 9.30AM

AQUATIC CENTRE BUILDING 8145

**AQUAFIT** 8.30 - 9.30AM

AQUATIC CENTRE BUILDING 8145

**AM FIT** 8.30 - 9.30AM

FITNESS CENTRE BUILDING 8145

**BOX FIT** 5.30 - 6.30PM

OLD GYM

RUNFIT

5.45 - 6.30PM

**RUGBY OVAL** 

**BODY BLITZ** 5.30 - 6.30PM

OLD GYM

**BOOTCAMP** 6 - 7PM

OLD GYM

PILATES 6 - 7PM

MORRISON HALL

**PILATES** 6.15 - 7.15PM

OLD GYM

## **UQ SPORT FITNESS & AQUATIC CENTRE, GATTON**

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