

# GROUP FITNESS - GYM

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**BOOTCAMP**  
5:30 - 6:15AM  
GYM, ROOM 105

**BODYPUMP®**  
6:30 - 7:15AM  
STUDIO

**BOOTCAMP**  
5:30 - 6:15AM  
GYM, ROOM 105

**BODYATTACK®**  
6:30 - 7:15AM  
STUDIO

**BOOTCAMP**  
5:30 - 6:15AM  
GYM, ROOM 105

**SUPER SATURDAY**  
7:15 - 8:15AM  
STUDIO

**STRENGTH**  
6:30 - 7:15AM  
GYM, ROOM 105

**STRENGTH & BALANCE**  
9 - 10AM, RM 105

**CONDITIONING**  
6:30 - 7:15AM  
GYM, ROOM 105

**PILATES**  
7:30 - 8:15AM  
STUDIO

**STRENGTH**  
6:30 - 7:15AM  
GYM, ROOM 105

**FLOW HATHA**  
8:30 - 10:00AM  
STUDIO

**BODYPUMP®**  
12 - 12:45PM  
STUDIO

**PILATES**  
12 - 12:45PM  
STUDIO

**BODYPUMP®**  
12 - 12:45PM  
STUDIO

**STRENGTH & BALANCE**  
9 - 10AM, RM 105

**SUN**

**ZUMBA®**  
4 - 4:45PM  
STUDIO

**VIN YIN YOGA**  
12 - 12:45PM  
STUDIO

**VINYASA YOGA**  
12 - 12:45PM  
STUDIO

**BODYPUMP®**  
9 - 10AM  
STUDIO

**BODYPUMP®**  
4:45 - 5:30PM  
STUDIO

**BODYATTACK®**  
4:30 - 5:15PM  
STUDIO

**PILATES**  
4:30 - 5:15PM  
STUDIO

**FUNDAMENTALS**  
3:30 - 4:30PM  
GYM, ROOM 105

**ZUMBA®**  
4:30 - 5:15PM  
STUDIO

**PILATES**  
5:30 - 6:30PM  
STUDIO

**VIN YIN YOGA**  
5:30 - 6:15PM  
STUDIO

**BODYPUMP®**  
5:30 - 6:30PM  
STUDIO

**BODYPUMP®**  
5:30 - 6:30PM  
STUDIO

**BODYPUMP®**  
5:15 - 6:15PM  
STUDIO

**STRENGTH**  
5:30 - 6:15PM  
GYM, ROOM 105

**STRENGTH**  
5:30 - 6:15PM  
GYM, ROOM 105

**CONDITIONING**  
6:30 - 7:15PM  
GYM, ROOM 105

**BOOTCAMP**  
6:30 - 7:30PM  
GYM, ROOM 105

**CONDITIONING**  
6:30 - 7:15PM  
GYM, ROOM 105

**VIN YIN YOGA**  
6:30 - 7:30PM  
STUDIO

**ZUMBA®**  
6:30 - 7:15PM  
STUDIO

**VIN YIN YOGA**  
6:30 - 7:30PM  
STUDIO

**ZUMBA®**  
6:15 - 7PM  
STUDIO



**GROUP FITNESS**

UQ SPORT  
FITNESS CENTRE  
B25

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# GROUP FITNESS

UQ SPORT  
AQUATIC CENTRE  
B27

## GROUP FITNESS - TEAM BEATS™

MON	TUE	WED	THU	FRI	SAT
<b>TEAM BEATS™</b> 4:30 - 5:15PM GYM LEVEL 3	<b>TEAM BEATS™</b> 6 - 6:45AM GYM LEVEL 3	<b>TEAM BEATS™</b> 4:30 - 5:15PM GYM LEVEL 3	<b>TEAM BEATS™</b> 6 - 6:45AM GYM LEVEL 3		

## GROUP FITNESS - POOL

MON	TUE	WED	THU	FRI	SAT
<b>SWIMFIT+</b> 9 - 10AM	<b>SWIMFIT+</b> 5 - 6AM	<b>SWIMFIT+</b> 9 - 10AM	<b>SWIMFIT+</b> 5 - 6AM	<b>SWIMFIT+</b> 9 - 10AM	
<b>SWIMFIT+</b> 12 - 1PM	<b>AQUAFIT</b> 7 - 8AM		<b>AQUAFIT</b> 7 - 8AM	<b>SWIMFIT+</b> 12 - 1PM	
<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM		

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

## GROUP FITNESS - TENNIS

MON	TUE	WED	THU
<b>CARDIO TENNIS</b> 6 - 7PM	<b>CARDIO TENNIS</b> 6 - 7PM	<b>CARDIO TENNIS</b> 6 - 7PM	<b>CARDIO TENNIS</b> 6 - 7PM