

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

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

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

YIN YOGA
6:30 - 7:30PM
STUDIO

ZUMBA®
6:30 - 7:15PM
STUDIO

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
TEAM BEATS™ 4:30 - 5:15PM GYM LEVEL 3	TEAM BEATS™ 6 - 6:45AM GYM LEVEL 3	TEAM BEATS™ 4:30 - 5:15PM GYM LEVEL 3	TEAM BEATS™ 6 - 6:45AM GYM LEVEL 3		

GROUP FITNESS - POOL

MON	TUE	WED	THU	FRI	SAT
SWIMFIT+ 9 - 10AM	SWIMFIT+ 5 - 6AM	SWIMFIT+ 9 - 10AM	SWIMFIT+ 5 - 6AM	SWIMFIT+ 9 - 10AM	
SWIMFIT+ 12 - 1PM	AQUAFIT 7 - 8AM		AQUAFIT 7 - 8AM	SWIMFIT+ 12 - 1PM	
SWIMFIT+ 6 - 7PM	SWIMFIT+ 6 - 7PM	SWIMFIT+ 6 - 7PM	SWIMFIT+ 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
CARDIO TENNIS 6 - 7PM	CARDIO TENNIS 6 - 7PM	CARDIO TENNIS 6 - 7PM	CARDIO TENNIS 6 - 7PM