



UQ SPORT



# GROUP FITNESS - GATTON

MON	TUE	WED	THU	FRI	SAT
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**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

**OVER 50'S STRENGTH**  
7 - 8AM  
FITNESS CENTRE  
BUILDING 8145

**PILATES**  
7 - 8AM  
MORRISON HALL

**OVER 50'S STRENGTH**  
7 - 8AM  
FITNESS CENTRE  
BUILDING 8145

**AM FIT**  
8.30 - 9.30AM  
FITNESS CENTRE  
BUILDING 8145

**AQUAFIT**  
8.30 - 9.30AM  
AQUATIC CENTRE  
BUILDING 8145

**AQUAFIT**  
8.30 - 9.30AM  
AQUATIC CENTRE  
BUILDING 8145

**EXPRESS HIIT**  
5.30 - 6PM  
FITNESS CENTRE  
BUILDING 8145

**BOOTCAMP**  
6 - 7PM  
OLD GYM

**PILATES**  
6 - 7PM  
MORRISON HALL

## UQ SPORT FITNESS & AQUATIC CENTRE, GATTON

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