

UQ SPORT

GROUP FITNESS - GATTON

MON

TUE

LOWER MRT 5.30 - 6.30AM

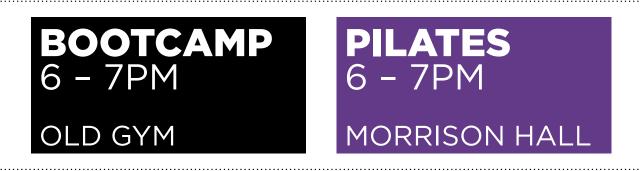
FITNESS CENTRE BUILDING 8145

OVER 50'S STRENGTH 7 - 8AM

FITNESS CENTRE BUILDING 8145

AQUAFIT 8.30 - 9.30AM

AQUATIC CENTRE BUILDING 8145



UQ SPORT FITNESS & AQUATIC CENTRE, GATTON

Classes are subject to change. Please refer to **uqsport.com.au** for any updates. All rights reserved.

	WED	THU	FRI	SAT
	UPPER MRT 5.30 – 6.30AM FITNESS CENTRE BUILDING 8145		HIIT 5.30 – 6.15AM FITNESS CENTRE BUILDING 8145	
	PILATES 7 – 8AM MORRISON HALL		OVER 50'S STRENGTH 7 - 8AM FITNESS CENTRE BUILDING 8145	AM FIT 8.30 – 9.30 FITNESS CEN BUILDING 814
	AQUAFIT 8.30 – 9.30AM AQUATIC CENTRE BUILDING 8145			
••••			EXPRESS HIIT 5.30 - 6PM	

FITNESS CENTRE BUILDING 8145







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