GROUP FITNESS | GATTON

UQ SPORT

MON	TUE	WED	THU	FRI	SAT
STRENGTH BLITZ **5:30 – 6:30AM** Fitness Centre Building 8145		**STRENGTH BLITZ** **5:30 – 6:30AM** Fitness Centre Building 8145		**HIIT** **5:30 – 6:15AM** Fitness Centre Building 8145	
STRENGTH (Over 50's) **7 – 8AM** Fitness Centre Building 8145	**AQUAFIT** **7:30 – 8:30AM** Aquatic Centre Building 8145	**STRENGTH** (Over 50's) **7 - 8AM** Fitness Centre Building 8145	**AQUAFIT** (HIIT) **7 – 8AM** Aquatic Centre Building 8145	**AQUAFIT** (DEEP) **7 – 8AM** Aquatic Centre Building 8145	**AM FIT** **8:30 – 9:30AM** Fitness Centre Building 8145
AQUAFIT **8:30 – 9:30AM** Aquatic Centre Building 8145		**AQUAFIT** (BOXING) **8:30 – 9:30AM** Aquatic Centre Building 8145		**PILATES** **7 – 8AM** Old Gym Building 8144	
YOGA **5:30 – 6:30PM** Morrison Hall Building 8123	**PILATES** **6 – 7PM** Morrison Hall Building 8123				

UQ SPORT FITNESS & AQUATIC CENTRE, GATTON

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