



# GROUP FITNESS - GATTON

| MON   | TUE  | WED   | THU   | FRI   | SAT   |
|---|--|---|---|---|---|
| <b>LOWER MRT</b><br>5:30 - 6:30AM<br>FITNESS CENTRE<br>BUILDING 8145    | <b>BOXFIT</b><br>5:30 - 6:30AM<br>FITNESS CENTRE<br>BUILDING 8145          | <b>UPPER MRT</b><br>5:30 - 6:30AM<br>FITNESS CENTRE<br>BUILDING 8145    |   | <b>HIIT</b><br>5:30 - 6:15AM<br>FITNESS CENTRE<br>BUILDING 8145         |   |
| <b>OVER 50'S STRENGTH</b><br>7 - 8AM<br>FITNESS CENTRE<br>BUILDING 8145 | <b>AQUAFIT (BOXING)</b><br>7 - 8AM<br>AQUATIC CENTRE<br>BUILDING 8145      | <b>OVER 50'S STRENGTH</b><br>7 - 8AM<br>FITNESS CENTRE<br>BUILDING 8145 | <b>AQUAFIT (HIIT)</b><br>7 - 8AM<br>AQUATIC CENTRE<br>BUILDING 8145 | <b>AQUAFIT (DEEP)</b><br>7 - 8AM<br>AQUATIC CENTRE<br>BUILDING 8145     | <b>AM FIT</b><br>8:30 - 9:30AM<br>FITNESS CENTRE<br>BUILDING 8145 |
| <b>AQUAFIT</b><br>8:30 - 9:30AM<br>AQUATIC CENTRE<br>BUILDING 8145      |  | <b>AQUAFIT</b><br>8:30 - 9:30AM<br>AQUATIC CENTRE<br>BUILDING 8145      |   | <b>PILATES</b><br>7 - 8AM<br>OLD GYM<br>BUILDING 8144                   |   |
|   | <b>STRENGTH &amp; CARDIO</b><br>5 - 6PM<br>FITNESS CENTRE<br>BUILDING 8145 |   | <b>BOXFIT</b><br>5:30 - 6:30PM<br>FITNESS CENTRE<br>BUILDING 8145   | <b>OVER 50'S STRENGTH</b><br>7 - 8AM<br>FITNESS CENTRE<br>BUILDING 8145 |   |
| <b>YOGA</b><br>5:30 - 6:30PM<br>MORRISON HALL<br>BUILDING 8123          | <b>PILATES</b><br>6 - 7PM<br>MORRISON HALL<br>BUILDING 8123                |   |   |   |   |

## UQ SPORT FITNESS & AQUATIC CENTRE, GATTON

Classes are subject to change. Please refer to [uqsport.com.au](http://uqsport.com.au) for any updates. All rights reserved.

