



GROUP FITNESS - 18 NOV 2024 - 17 FEB 2025

MON	TUE	WED	THU	FRI	SAT
	BODYPUMP® 6:30 - 7:15AM STUDIO				SUPER SATURDAY 7:15 - 8:15AM STUDIO
	STRENGTH & BALANCE 9:15 - 10:15AM		PILATES 7:30 - 8:15AM STUDIO		FLOW HATHA 8:30 - 10:00AM STUDIO
BODYPUMP® 12 - 12:45PM STUDIO	PILATES 12 - 12:45PM STUDIO	BODYPUMP® 12 - 12:45PM STUDIO	STRENGTH & BALANCE 9:15 - 10:15AM		SUN
ZUMBA® 4 - 4:45PM STUDIO			VIN 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			ZUMBA® 4:30 - 5:15PM STUDIO
PILATES 5:30 - 6:30PM STUDIO	VIN YIN YOGA 5:30 - 6:15PM STUDIO	BODYPUMP® 5:30 - 6:15PM STUDIO	BODYPUMP® 5:30 - 6:15PM STUDIO	BODYPUMP® 5:30 - 6:30PM 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® 6:30 - 7:15PM STUDIO	

WE ARE TAKING A BREAK
23 DEC 2024 - 5 JAN 2025

BOOK NOW

Please book your class online before attending. Classes are subject to change. Please refer to uqsport.com.au for updates.
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GROUP FITNESS - 18 NOV 2024 - 17 FEB 2025

MON	TUE	WED	THU	FRI	SAT
TEAM BEATS™ 4:30 - 5:15PM GYM LEVEL 3		TEAM BEATS™ 4:30 - 5:15PM GYM LEVEL 3			

GROUP FITNESS - POOL

MON	TUE	WED	THU	FRI	SAT
SWIMFIT+ 9 - 10AM		SWIMFIT+ 9 - 10AM		SWIMFIT+ 9 - 10AM	
	AQUAFIT 7 - 8AM		AQUAFIT 7 - 8AM		
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

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- 5 JAN 2025