<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
<td><strong>Tone</strong> 7:00am - 7:45am Fitness Studio</td>
<td><strong>Body Pump®</strong> 7:00am - 8:00am Fitness Studio</td>
<td><strong>Vinyasa Yoga</strong> 7:00am - 8:00am Fitness Studio</td>
<td><strong>Pilates</strong> 8:00am - 9:00am Fitness Studio</td>
<td><strong>Boxing</strong> 7:00am - 7:45am Martial Arts Gym</td>
<td><strong>Flow Hatha</strong> 8:30am - 10:00am Sports Hall</td>
<td><strong>Body Pump® 9:00am - 10:00am</strong> Fitness Studio</td>
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<tr>
<td><strong>AFTERNOON</strong></td>
<td><strong>Zumba® 10:00pm - 11:45pm</strong> Fitness Studio</td>
<td><strong>Body Pump® 10:00pm - 12:00pm</strong> Fitness Studio</td>
<td><strong>Body Attack® 10:00am - 12:00pm</strong> Fitness Studio</td>
<td><strong>Body Pump® 1:00pm - 2:00pm</strong> Fitness Studio</td>
<td><strong>Vinyasa Yoga 12:00pm - 1:00pm</strong> Fitness Studio</td>
<td><strong>Pilates 1:00pm - 2:00pm</strong> Fitness Studio</td>
<td><strong>Zumba® 4:30pm - 5:45pm</strong> Fitness Studio</td>
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<tr>
<td><strong>NIGHT</strong></td>
<td><strong>Body Pump® 5:30pm - 6:30pm</strong> Sports Hall</td>
<td><strong>Vinyasa Yoga 5:30pm - 7:00pm</strong> Fitness Studio</td>
<td><strong>Body Pump® 5:30pm - 6:15pm</strong> Fitness Studio</td>
<td><strong>Body Pump® 5:30pm - 6:30pm</strong> Sports Hall</td>
<td><strong>Body Pump® 5:30pm - 6:00pm</strong> Fitness Studio</td>
<td><strong>Body Pump® 5:30pm - 6:30pm</strong> Fitness Studio</td>
<td><strong>Body Pump® 5:30pm - 6:30pm</strong> Fitness Studio</td>
</tr>
<tr>
<td><strong>NIGHT</strong></td>
<td><strong>Yin Yoga 6:30pm - 7:30pm</strong> Fitness Studio</td>
<td><strong>Body Attack® 6:30pm - 8:00pm</strong> Fitness Studio</td>
<td><strong>Zumba® 6:30pm - 7:15pm</strong> Fitness Studio</td>
<td><strong>Yin Yoga 6:30pm - 7:30pm</strong> Fitness Studio</td>
<td><strong>Zumba® 6:30pm - 7:15pm</strong> Fitness Studio</td>
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<td><strong>Zumba® 6:30pm - 7:15pm</strong> Fitness Studio</td>
</tr>
</tbody>
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Classes are subject to change. Please refer to uqsport.com.au for updates.

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### POOL GROUP FITNESS

**UQ SPORT FITNESS CENTRE, B25**

**MON**
- **Swim Fit**: 5:30am - 6:30am
- **Swim Fit**: 6:30am - 7:30am
- **Swim Fit**: 9:00am - 10:00am
- **Swim Fit**: 12:00pm - 1:00pm
- **Swim Fit**: 6:00pm - 7:00pm

**TUE**
- **Swim Fit**: 5:00am - 6:00am
- **Aqua Fit**: 7:00am - 8:00am
- **Swim Fit**: 6:30am - 7:30am
- **Aqua fit**: 7:00am - 8:00am
- **Swim Fit**: 9:00am - 10:00am
- **Swim Fit**: 6:00pm - 7:00pm

**WED**
- **Swim Fit**: 5:30am - 6:30am
- **Swim Fit**: 6:00pm - 7:00pm
- **Swim Fit**: 9:00am - 10:00am

**THU**
- **Swim Fit**: 5:00am - 6:00am
- **Swim Fit**: 6:30am - 7:30am
- **Aqua fit**: 9:00am - 10:00am
- **Aqua Fit**: 7:00am - 8:00am

**FRI**
- **Swim Fit**: 5:30am - 6:30am
- **Swim Fit**: 6:30am - 7:30am
- **Swim Fit**: 9:00am - 10:00am
- **Aqua Fit**: 9:00am - 10:00am

**SAT**
- **Swim Fit**: 5:30am - 6:30am
- **Swim Fit**: 6:30am - 7:30am
- **Swim Fit**: 9:00am - 10:00am
- **Aqua Fit**: 7:00am - 8:00am

**SUN**
- **Swim Fit**: 5:30am - 6:30am
- **Swim Fit**: 6:30am - 7:30am
- **Swim Fit**: 9:00am - 10:00am

*Swim Fit* is a squad program and is recommended for individuals who are confident swimming more than 500m. *Aqua Fit* is an aquatic aerobic program.

### TENNIS GROUP FITNESS

**UQ SPORT TENNIS CENTRE, B28**

**NIGHT**
- **Cardio Tennis**: 6:00pm - 7:00pm

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