



GROUP FITNESS

FEB - JUN 2019 TIMETABLE

PLEASE NOTE THAT UNLESS STATED, ALL CLASSES RUN FOR ONE HOUR

	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
CARDIO, STRENGTH & TRAINING CLASSES ARE HELD IN THE SPORTS HALL, UNLESS STATED OTHERWISE								
7AM	LESMILLS TONE 45 min FITNESS STUDIO	LESMILLS BODYPUMP 45 min	BOXING 45 min MARTIAL ARTS GYM	LESMILLS BODYPUMP 45 min	TONE 45 min FITNESS STUDIO	9:15AM		LESMILLS BODYPUMP 45 min FITNESS STUDIO
12PM	LESMILLS BODYSTEP 45 min FITNESS STUDIO		LESMILLS BODYSTEP 45 min FITNESS STUDIO	LESMILLS BODYPUMP 45 min		4:30PM		ZUMBA 45 min FITNESS STUDIO
1PM	ZUMBA 45 min FITNESS STUDIO	LESMILLS BODYPUMP						
3:45PM				LESMILLS BODYCOMBAT 45 min FITNESS STUDIO				
4PM	CORE 30 min FITNESS STUDIO				CORE 30 min FITNESS STUDIO			
4:30PM	LESMILLS BODYATTACK 45 min	LESMILLS BODYCOMBAT 45 min	ABT DYNAMO 45 min	LESMILLS BODYPUMP	LESMILLS BODYPUMP			
5:30PM	ABT DYNAMO 45 min	TONE 45 min	LESMILLS BODYPUMP	LESMILLS BODYATTACK 45 min	ZUMBA 45 min FITNESS STUDIO			
6PM	cardio tennis TENNIS CENTRE	cardio tennis TENNIS CENTRE	cardio tennis TENNIS CENTRE	cardio tennis TENNIS CENTRE				
6:30PM	LESMILLS BODYPUMP	LESMILLS BODYATTACK 45 min	ZUMBA 45 min					
HOLISTIC HEALTH CLASSES ARE HELD IN THE FITNESS STUDIO, UNLESS STATED OTHERWISE								
7AM			ALIGN & FLOW	GENTLE YOGA		8:30AM	FLOW HATHA 90 min	
8AM	BARRE	PILATES		PILATES CORE 30 min		10:15AM		LESMILLS BODYBALANCE
8:30AM				PILATES STRETCH 30 min				
10AM		YIN YOGA			GENTLE YOGA			
12PM	MEDITATION 45 min MARTIAL ARTS GYM	VINYASA YOGA						
1PM			YIN YOGA	PILATES	GENTLE YOGA			
3:45PM		BARRE 45 min						
4:30PM	LESMILLS BODYBALANCE		PILATES	LESMILLS BODYBALANCE	VINYASA YOGA			
5:30PM	PILATES POWER 45 min	VINYASA YOGA	BARRE	ALIGN & FLOW 90 min INTERMEDIATE				
6:30PM	VINYASA YOGA INTERMEDIATE							
AQUATIC GROUP FITNESS CLASSES ARE HELD AT THE UQ SPORT AQUATIC CENTRE								
4:30AM	ADULT SWIM SQUAD		ADULT SWIM SQUAD		ADULT SWIM SQUAD	7:30AM	ADULT SWIM SQUAD 90 min	
5:15AM		TRIATHLON RUN		TRIATHLON RIDE		9AM	WATER RUNNING	WATER RUNNING
5:30AM	ADULT SWIM SQUAD	ADULT SWIM SQUAD 90 min	ADULT SWIM SQUAD	ADULT SWIM SQUAD 90 min	ADULT SWIM SQUAD			
5:45AM			TRIATHLON TRANSITION		TRIATHLON RUN			
6:30AM	ADULT SWIM SQUAD		ADULT SWIM SQUAD		ADULT SWIM SQUAD			
8:45AM	SWIM FIN FIT		SWIM FIN FIT		SWIM FIN FIT			
9:30AM		AQUA AEROBICS		AQUA AEROBICS				
12PM	ADULT SWIM SQUAD		ADULT SWIM SQUAD		ADULT SWIM SQUAD			
6:30PM	ADULT SWIM SQUAD	ADULT SWIM SQUAD	ADULT SWIM SQUAD	ADULT SWIM SQUAD				

PLEASE NOTE: The UQ Sport Adult Squad program is the most comprehensive adult swim program in Brisbane and caters for triathletes, masters and surf swimmers as well as those simply swimming for fitness. Please contact the Aquatic Centre if you would like further info on any of our squad programs: (07) 3365 6048 or aquatics@uqsport.com.au

THERE ARE NO GROUP FITNESS CLASSES HELD ON PUBLIC HOLIDAYS.