## UQ Sport Fitness Centre, B25

<table>
<thead>
<tr>
<th>Time</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>7:00 AM</td>
<td>TONE 45mins - FS</td>
<td>BODYPUMP® 60mins - SH</td>
<td>BOXING 60mins - MAG</td>
<td>VINYASA YOGA 60mins - FS</td>
<td>BODYPUMP® 60mins - SH</td>
<td>TONE 45mins - FS</td>
<td></td>
</tr>
<tr>
<td>7:30 AM</td>
<td>BOXING 60mins - MAG</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>POWER HIIT 45mins - FS</td>
<td>PILATES CORE 30mins - FS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 AM</td>
<td>PILATES STRETCH 30mins - FS</td>
<td>FLOW HATHA 90mins - FS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>GENTLE VINYASA 60mins - FS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td>GRIT CARDIO® 30mins - FS</td>
<td>VINYASA YOGA 60mins - FS</td>
<td>BODYSTEP® 45mins - SH</td>
<td>BODYCOMBAT® 45mins - SH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30 PM</td>
<td>CORE 30mins - FS</td>
<td>GRIT STRENGTH® 30mins - FS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td>ZUMBA® 45mins - FS</td>
<td>BODYPUMP® 45mins - SH</td>
<td>YIN YOGA 60mins - FS</td>
<td>PILATES 60mins - FS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 PM</td>
<td>CORE 30mins - FS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30 PM</td>
<td>BODYATTACK® 60mins - SH</td>
<td>BODYCOMBAT® 60mins - SH</td>
<td>ABT 45mins - SH</td>
<td>PILATES POWER 60mins - FS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 PM</td>
<td>PILATES 60mins - FS</td>
<td>VINYASA YOGA 60mins - FS</td>
<td>POWER HIIT 45mins - FS</td>
<td>BODYATTACK® 60mins - SH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td>BODYPUMP® 60mins - SH</td>
<td>YIN YOGA 60mins - FS</td>
<td>BODYATTACK® 45mins - SH</td>
<td>ZUMBA® 45mins - SH</td>
<td>CORE 30mins - SH</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SH = SPORTS HALL, FS = FITNESS STUDIO, MAG = MARTIAL ARTS GYM, FC = FITNESS CENTRE

## UQ Sport Tennis Centre, B29

<table>
<thead>
<tr>
<th>Time</th>
<th>Cardio Tennis 60mins</th>
<th>Cardio Tennis 60mins</th>
<th>Cardio Tennis 60mins</th>
<th>Cardio Tennis 60mins</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## UQ Sport Aquatic Centre, B27

<table>
<thead>
<tr>
<th>Time</th>
<th>SWIM SQUAD 60mins</th>
<th>SWIM SQUAD 60mins</th>
<th>SWIM SQUAD 60mins</th>
<th>SWIM SQUAD 60mins</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 AM</td>
<td>TRIATHLON RUN 90mins</td>
<td>TRIATHLON RIDE 90mins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 AM</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
</tr>
<tr>
<td>5:45 AM</td>
<td>TRIATHLON TRANS 60mins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 AM</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
</tr>
<tr>
<td>7:30 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 AM</td>
<td>FIN FIT 60mins</td>
<td>FIN FIT 60mins</td>
<td>FIN FIT 60mins</td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
<td>SWIM SQUAD 60mins</td>
</tr>
</tbody>
</table>

PLEASE NOTE: The UQ Sport Adult Swim 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.