



SPORT SUMMER GROUP FITNESS TIMETABLE

NOV 2018 - FEB 2019

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

CARDIO, STRENGTH & TONING

CLASSES ARE HELD IN THE FITNESS STUDIO, UNLESS STATED OTHERWISE

	MON	TUE	WED	THU	FRI	SAT	SUN
7AM	TONE 45 min	LES MILLS BODYPUMP 45 min		LES MILLS BODYPUMP 45 min		9:15AM	LES MILLS BODYPUMP
12PM	LES MILLS BODYSTEP 45 min		LES MILLS BODYSTEP 45 min	LES MILLS BODYPUMP 45 min	CORE 30 min		
1PM	ZUMBA 45 min	LES MILLS BODYPUMP					
4:30PM		LES MILLS BODYCOMBAT 45 min	ABT DYNAMO 45 min	LES MILLS BODYPUMP	LES MILLS BODYPUMP		
5:30PM	LES MILLS BODYATTACK 45 min		LES MILLS BODYPUMP				
6PM	CARDIO TENNIS TENNIS CENTRE	CARDIO TENNIS TENNIS CENTRE	CARDIO TENNIS TENNIS CENTRE	CARDIO TENNIS TENNIS CENTRE	TENNIS - NO CLASSES 14 DEC 2018 - 6 JAN 2019		
6:30PM		ZUMBA 45 min					

HOLISTIC HEALTH

CLASSES ARE HELD IN THE FITNESS STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30AM			ALIGN & FLOW 90 min			8:30AM FLOW HATHA 90 min	
7AM		SYNTHETIC FIELDS			LES MILLS BODYBALANCE 45 min		
7:45AM	OUTDOOR YOGA 45 min						
8AM		PILATES		PILATES CORE 30 min			
8:30AM				PILATES STRETCH 30 min			
10AM		YIN YOGA			GENTLE YOGA		
12PM		VINYASA YOGA					
1PM			YIN YOGA	PILATES	VINYASA YOGA		
4:30PM	LES MILLS BODYBALANCE						
5:30PM		VINYASA YOGA		ALIGN & FLOW 90 min			
6:30PM	VINYASA YOGA INTERMEDIATE						

PLEASE NOTE THERE WILL BE NO GROUP FITNESS CLASSES BETWEEN 20 DEC 2018 - 13 JAN 2019

AQUATIC GROUP FITNESS

CLASSES ARE HELD AT THE UQ SPORT AQUATIC CENTRE

	MON	TUE	WED	THU	FRI	SAT	SUN
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		
12PM	ADULT SWIM SQUAD		ADULT SWIM SQUAD		ADULT SWIM SQUAD		
	AQUA AEROBICS 30 min		AQUA AEROBICS 30 min				
12:45PM	AQUA AEROBICS 30 min		AQUA AEROBICS 30 min				
6:30PM	ADULT SWIM SQUAD	ADULT SWIM SQUAD	ADULT SWIM SQUAD	ADULT SWIM SQUAD			

PLEASE NOTE THERE WILL BE NO AQUATIC GROUP FITNESS CLASSES BETWEEN 23 DEC 2018 - 1 JAN 2019

*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 aquatic@uqsport.com.au