



SEMESTER 2

GROUP FITNESS TIMETABLE

JUL-NOV 2018



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

CARDIO, STRENGTH & TONING

CLASSES ARE HELD IN THE SPORTS HALL, UNLESS STATED OTHERWISE

	MON	TUE	WED	THU	FRI	SAT	SUN
7AM	45 min LESMILLS TONE FITNESS STUDIO	45 min LESMILLS BODYPUMP FITNESS STUDIO		45 min LESMILLS BODYPUMP FITNESS STUDIO		9:15AM	LESMILLS BODYPUMP FITNESS STUDIO
12PM	45 min LESMILLS BODYSTEP FITNESS STUDIO		45 min LESMILLS BODYSTEP FITNESS STUDIO	45 min LESMILLS BODYPUMP FITNESS STUDIO	30 min CORE FITNESS STUDIO		
1PM	45 min ZUMBA FITNESS STUDIO	45 min LESMILLS BODYPUMP FITNESS STUDIO					
4PM	30 min CORE			30 min LESMILLS BODYCOMBAT	30 min ABT DYNAMO		
4:30PM	45 min LESMILLS BODYATTACK	45 min LESMILLS BODYCOMBAT	45 min ABT DYNAMO	45 min LESMILLS BODYPUMP	45 min LESMILLS BODYPUMP		
5:30PM	45 min ABT DYNAMO	45 min LESMILLS BODYATTACK	45 min LESMILLS BODYPUMP	45 min TONE	45 min ZUMBA FITNESS STUDIO		
6PM	CAVALIOTENNIS TENNIS CENTRE	CAVALIOTENNIS TENNIS CENTRE	CAVALIOTENNIS TENNIS CENTRE	CAVALIOTENNIS TENNIS CENTRE			
6:30PM	LESMILLS BODYPUMP	45 min ZUMBA	45 min LESMILLS BODYATTACK				

HOLISTIC HEALTH

CLASSES ARE HELD IN THE FITNESS STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30AM			90 min ALIGN & FLOW			8:30AM 90 min FLOW HATHA	
7AM		45 min LESMILLS BODYBALANCE		GENTLE YOGA		10:15AM	LESMILLS BODYBALANCE
7:45AM	FREE OUTDOOR YOGA SYNTHETIC FIELDS						
8AM		PILATES		30 min PILATES CORE			
8:30AM				30 min PILATES STRETCH			
10AM		YIN YOGA			GENTLE YOGA		
12PM		VINYASA YOGA					
1PM			YIN YOGA	PILATES	VINYASA YOGA		
4:30PM	LESMILLS BODYBALANCE		VINYASA YOGA	LESMILLS BODYBALANCE	ALIGN & FLOW		
5:30PM	45 min PILATES POWER	VINYASA YOGA	PILATES POWER	ALIGN & FLOW 90 min			
6:30PM	VINYASA YOGA INTERMEDIATE						

ADULT SWIM SQUAD*

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		
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@uqspor.com.au