



LIFE IS BETTER
WHEN YOU'RE ACTIVE!

HALLS OF RESIDENCE GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU
6:15AM			SWIMFIT	
6:30AM				
8AM				
12PM	PILATES			
12:30PM		ABT DYNAMO		HIIT
4PM				
5PM		BOOT CAMP		
5:30PM				
6PM			BOXFIT	

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