

GROUP FITNESS

UQ SPORT FITNESS CENTRE, B25



	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	Tone 7:00am - 7:45am Fitness Studio	Body Pump® 7:00am - 8:00am Fitness Studio	Boxing 7:00am - 7:45am Martial Arts Gym	Pilates 8:00am - 9:00am Fitness Studio	Boxing 7:00am - 7:45am Martial Arts Gym	Flow Hatha 8:30am - 10:00am Fitness Studio	
		Strength & Balance 9:15am - 10:00am Fitness Studio	Vinyasa Yoga 8:00am - 9:00am Fitness Studio	Strength & Balance 9:15am - 10:00am Fitness Studio			Body Pump® 9:00am - 10:00am Sports Hall
AFTERNOON	Vinyasa Yoga 12:00pm - 1:00pm Fitness Studio	Vinyasa Yoga 12:00pm - 1:00pm Fitness Studio	Body Attack® 12:00pm - 12:45pm Fitness Studio	Body Pump® 12:00pm - 12:45pm Fitness Studio	Vinyasa Yoga 12:00pm - 1:00pm Fitness Studio		
	Zumba® 1:00pm - 1:45pm Fitness Studio	Body Pump® 1:00pm - 2:00pm Fitness Studio	Yin Yoga 1:00pm - 2:00pm Fitness Studio	Pilates 1:00pm - 2:00pm Fitness Studio			
	Body Pump® 4:30pm - 5:30pm Sports Hall	HIIT & Core 4:30pm - 5:15pm Fitness Studio	ABT 4:30pm - 5:15pm Fitness Studio	Body Attack® 4:30pm - 5:15pm Sports Hall	Pilates 4:30pm - 5:30pm Fitness Studio		Zumba® 4:30pm - 5:15pm Fitness Studio
NIGHT	Pilates 5:30pm - 6:15pm Fitness Studio	Vinyasa Yoga 5:30pm - 6:30pm Fitness Studio	Body Pump® 5:30pm - 6:15pm Fitness Studio	Body Pump® 5:30pm - 6:30pm Sports Hall	Body Pump® 5:30pm - 6:15pm Fitness Studio		
		Tone 5:30pm - 6:15pm Sports Hall					
	Yin Yoga 6:30pm - 7:30pm Fitness Studio	Body Attack® 6:30pm - 7:30pm Fitness Studio	Zumba® 6:30pm - 7:15pm Fitness Studio	Yin Yoga 6:30pm - 7:30pm Fitness Studio	Zumba® 6:30pm - 7:15pm Fitness Studio		

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POOL GROUP FITNESS

UQ SPORT AQUATIC CENTRE, B27



	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	Swim Fit 5:30am - 6:30am	Swim Fit 5:00am - 6:00am	Swim Fit 5:30am - 6:30am	Swim Fit 5:00am - 6:00am	Swim Fit 5:30am - 6:30am	Swim Fit 5:30am - 6:30am	
	Swim Fit 6:30am - 7:30am	AquaBoxing 7:00am - 8:00am	Swim Fit 6:30am - 7:30am	AquaBoxing 7:00am - 8:00am	Swim Fit 6:30am - 7:30am		
	Swim Fit 9:00am - 10:00am		Swim Fit 9:00am - 10:00am		Swim Fit 9:00am - 10:00am	Aqua fit 9:00am - 10:00am	
NOON	Swim Fit 12:00pm - 1:00pm		Swim Fit 12:00pm - 1:00pm		Swim Fit 12:00pm - 1:00pm		
NIGHT	Swim Fit 6:00pm - 7:00pm	Swim Fit 6:00pm - 7:00pm	Swim Fit 6:00pm - 7:00pm	Swim Fit 6:00pm - 7:00pm			

Swim Fit is a squad program and is recommended for individuals who are confident swimming more than 500m. **AquaBoxing** is an aquatic aerobic program.

TENNIS GROUP FITNESS

UQ SPORT TENNIS CENTRE, B28

NIGHT	Cardio Tennis 6:00pm - 7:00pm	Cardio Tennis 6:00pm - 7:00pm	Cardio Tennis 6:00pm - 7:00pm	Cardio Tennis 6:00pm - 7:00pm
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