

# GROUP FITNESS



UQ SPORT

	MON	TUE	WED	THU	FRI	SAT	SUN
7AM		<b>BODY PUMP*</b> 60mins SH	<b>VINYASA YOGA</b> 60mins FS				
8AM				<b>PILATES</b> 60mins FS			
8:30AM						<b>FLOW HATHA</b> 90mins SH	
9AM		<b>STRENGTH &amp; BALANCE</b> 45mins SH		<b>STRENGTH &amp; BALANCE</b> 45mins SH			<b>BODY PUMP*</b> 60mins SH
12PM		<b>VINYASA YOGA</b> 60mins FS	<b>BODY ATTACK*</b> 45mins SH	<b>BODY PUMP*</b> 60mins SH	<b>VINYASA YOGA</b> 60mins FS		
1PM	<b>ZUMBA</b> 45mins SH	<b>BODY PUMP*</b> 60mins SH	<b>YIN YOGA</b> 60mins FS	<b>PILATES</b> 60mins FS			
4:30PM	<b>BODY PUMP*</b> 60mins SH	<b>BODY COMBAT*</b> 45mins SH	<b>ABT</b> 45mins SH	<b>BODY ATTACK*</b> 45mins SH	<b>PILATES</b> 60mins FS		<b>ZUMBA</b> 45mins SH
5:30PM	<b>PILATES</b> 45mins FS	<b>VINYASA YOGA</b> 60mins FS	<b>BODY PUMP*</b> 45mins SH	<b>BODY PUMP*</b> 60mins SH	<b>BODY PUMP*</b> 45mins SH		
6:30PM	<b>YIN YOGA</b> 60mins FS	<b>BODY ATTACK*</b> 60mins SH	<b>ZUMBA</b> 45mins SH	<b>YIN YOGA</b> 60mins FS	<b>ZUMBA</b> 45mins SH		

**BUILDING 25, UNION ROAD, THE UNIVERSITY OF QUEENSLAND, ST LUCIA**

Classes are subject to change. Please refer to the website for any changes and updates.

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