



UQ SPORT



GROUP FITNESS - GATTON

MON	TUE	WED	THU	FRI	SAT
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LOWER MRT
5.30 - 6.30AM
FITNESS CENTRE
BUILDING 8145

UPPER MRT
5.30 - 6.30AM
FITNESS CENTRE
BUILDING 8145

HIIT
5.30 - 6.15AM
FITNESS CENTRE
BUILDING 8145

OVER 50'S STRENGTH
7 - 8AM
FITNESS CENTRE
BUILDING 8145

PILATES
7 - 8AM
MORRISON HALL

OVER 50'S STRENGTH
7 - 8AM
FITNESS CENTRE
BUILDING 8145

AM FIT
8.30 - 9.30AM
FITNESS CENTRE
BUILDING 8145

AQUAFIT
8.30 - 9.30AM
AQUATIC CENTRE
BUILDING 8145

EXPRESS BOX FIT
12.30 - 1PM
OLD GYM

AQUAFIT
8.30 - 9.30AM
AQUATIC CENTRE
BUILDING 8145

BOX FIT
5.30 - 6.30PM
OLD GYM

RUNFIT
5.45 - 6.30PM
RUGBY OVAL

EXPRESS HIIT
5.30 - 6PM
FITNESS CENTRE
BUILDING 8145

BOOTCAMP
6 - 7PM
OLD GYM

PILATES
6 - 7PM
MORRISON HALL

YOGA
6 - 7PM
MORRISON HALL

UQ SPORT FITNESS & AQUATIC CENTRE, GATTON

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