



# GROUP FITNESS - 18 NOV 2024 - 17 FEB 2025

MON	TUE	WED	THU	FRI	SAT
	<b>BODYPUMP®</b> 6:30 - 7:15AM STUDIO				<b>SUPER SATURDAY</b> 7:15 - 8:15AM STUDIO
	<b>STRENGTH &amp; BALANCE</b> 9:15 - 10:15AM		<b>PILATES</b> 7:30 - 8:15AM STUDIO		<b>FLOW HATHA</b> 8:30 - 10:00AM STUDIO
<b>BODYPUMP®</b> 12 - 12:45PM STUDIO	<b>PILATES</b> 12 - 12:45PM STUDIO	<b>BODYPUMP®</b> 12 - 12:45PM STUDIO	<b>STRENGTH &amp; BALANCE</b> 9:15 - 10:15AM		<b>SUN</b>
<b>ZUMBA®</b> 4 - 4:45PM STUDIO			<b>VIN YIN YOGA</b> 12 - 12:45PM STUDIO	<b>VINYASA YOGA</b> 12 - 12:45PM STUDIO	<b>BODYPUMP®</b> 9 - 10AM STUDIO
<b>BODYPUMP®</b> 4:45 - 5:30PM STUDIO	<b>BODYATTACK®</b> 4:30 - 5:15PM STUDIO	<b>PILATES</b> 4:30 - 5:15PM STUDIO			<b>ZUMBA®</b> 4:30 - 5:15PM STUDIO
<b>PILATES</b> 5:30 - 6:30PM STUDIO	<b>VIN YIN YOGA</b> 5:30 - 6:15PM STUDIO	<b>BODYPUMP®</b> 5:30 - 6:15PM STUDIO	<b>BODYPUMP®</b> 5:30 - 6:15PM STUDIO	<b>BODYPUMP®</b> 5:30 - 6:30PM STUDIO	
<b>STRENGTH</b> 5:30 - 6:15PM GYM, ROOM 105		<b>STRENGTH</b> 5:30 - 6:15PM GYM, ROOM 105			
<b>CONDITIONING</b> 6:30 - 7:15PM GYM, ROOM 105	<b>BOOTCAMP</b> 6:30 - 7:30PM GYM, ROOM 105	<b>CONDITIONING</b> 6:30 - 7:15PM GYM, ROOM 105			
<b>YIN YOGA</b> 6:30 - 7:30PM STUDIO		<b>ZUMBA®</b> 6:30 - 7:15PM STUDIO	<b>YIN YOGA</b> 6:30 - 7:30PM STUDIO	<b>ZUMBA®</b> 6:30 - 7:15PM STUDIO	

**WE ARE TAKING A BREAK**  
23 DEC 2024 - 5 JAN 2025

**BOOK NOW**

Please book your class online before attending. Classes are subject to change. Please refer to [uqsport.com.au](http://uqsport.com.au) for updates.  
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MON	TUE	WED	THU	FRI	SAT
<b>TEAM BEATS™</b> 4:30 - 5:15PM GYM LEVEL 3		<b>TEAM BEATS™</b> 4:30 - 5:15PM GYM LEVEL 3			

## GROUP FITNESS - POOL

MON	TUE	WED	THU	FRI	SAT
<b>SWIMFIT+</b> 9 - 10AM	<b>SWIMFIT+</b> 9 - 10AM	<b>SWIMFIT+</b> 9 - 10AM	<b>SWIMFIT+</b> 9 - 10AM	<b>SWIMFIT+</b> 9 - 10AM	
	<b>AQUAFIT</b> 7 - 8AM		<b>AQUAFIT</b> 7 - 8AM		
<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM		

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

## GROUP FITNESS - TENNIS

MON	TUE	WED	THU
<b>CARDIO TENNIS</b> 6 - 7PM	<b>CARDIO TENNIS</b> 6 - 7PM	<b>CARDIO TENNIS</b> 6 - 7PM	<b>CARDIO TENNIS</b> 6 - 7PM

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