



UQ SPORT

# GROUP FITNESS

UQ SPORT  
FITNESS CENTRE  
B25

# SEMESTER 1 GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT
<b>PILATES</b> 6:30 - 7:30AM STUDIO	<b>BODYPUMP®</b> 6:30 - 7:25AM STUDIO	<b>VINYASA YOGA</b> 6:30 - 7:30AM STUDIO	<b>PILATES</b> 7:30 - 8:30AM STUDIO		<b>HIIT &amp; CORE</b> 7:15 - 8:00AM STUDIO
<b>VINYASA YOGA</b> 9:00 - 9:55AM STUDIO	<b>STRENGTH &amp; BALANCE</b> 9:15 - 10:15AM STUDIO	<b>PILATES</b> 9 - 10AM STUDIO	<b>STRENGTH &amp; BALANCE</b> 9:15 - 10:15AM STUDIO		<b>VINYASA YOGA</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>VIN YIN YOGA</b> 12 - 12:45PM STUDIO	<b>VINYASA YOGA</b> 12 - 12:45PM STUDIO	<b>SUN</b>
<b>ZUMBA®</b> 4 - 4:45PM STUDIO	<b>BODYATTACK®</b> 4:30 - 5:15PM STUDIO	<b>PILATES</b> 4:30 - 5:15PM STUDIO			<b>BODYPUMP®</b> 9 - 9:55AM STUDIO
<b>GROUP TRAINING</b> 4:30 - 5:15PM GYM LEVEL 3		<b>GROUP TRAINING</b> 4:30 - 5:15PM GYM LEVEL 3		<b>BODYATTACK®</b> 4:30 - 5:15PM STUDIO	<b>ZUMBA®</b> 4:30 - 5:15PM STUDIO
<b>BODYPUMP®</b> 4:50 - 5:35PM STUDIO	<b>VIN YIN YOGA</b> 5:30 - 6:30PM STUDIO	<b>BODYPUMP®</b> 5:30 - 6:25PM STUDIO	<b>BODYPUMP®</b> 5:30 - 6:25PM STUDIO		
<b>PILATES</b> 5:40 - 6:30PM STUDIO	<b>BEGINNER BARBELL</b> 5:30 - 6:25PM GYM, ROOM 105	<b>STRENGTH</b> 5:30 - 6:15PM GYM, ROOM 105	<b>BEGINNER BARBELL</b> 5:30 - 6:25PM GYM, ROOM 105	<b>BODYPUMP®</b> 5:30 - 6:25PM STUDIO	
<b>STRENGTH</b> 5:30 - 6:15PM GYM, ROOM 105	<b>BOOTCAMP</b> 6:30 - 7:30PM GYM, ROOM 105	<b>CONDITIONING</b> 6:30 - 7:15PM GYM, ROOM 105	<b>BOOTCAMP</b> 6:30 - 7:30PM GYM, ROOM 105		
<b>CONDITIONING</b> 6:30 - 7:15PM GYM, ROOM 105		<b>ZUMBA®</b> 6:30 - 7:15PM STUDIO	<b>YIN YIN YOGA</b> 6:30 - 7:30PM STUDIO	<b>ZUMBA®</b> 6:30 - 7:15PM STUDIO	
<b>YIN YOGA</b> 6:35 - 7:35PM STUDIO	<b>BOOK NOW</b>				

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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UQ SPORT

# GROUP FITNESS - POOL

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SWIMFIT+**  
9 - 10AM

**SWIMFIT+**  
9 - 10AM

**SWIMFIT+**  
9 - 10AM

**AQUAFIT**  
7 - 8AM

**AQUAFIT**  
7 - 8AM

**SWIMFIT+**  
6 - 7PM

**SWIMFIT+**  
6 - 7PM

**SWIMFIT+**  
6 - 7PM

**SWIMFIT+**  
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**

**CARDIO  
TENNIS**  
6 - 7PM

**CARDIO  
TENNIS**  
6 - 7PM

**CARDIO  
TENNIS**  
6 - 7PM

**CARDIO  
TENNIS**  
6 - 7PM

# GROUP FITNESS

UQ SPORT  
AQUATIC CENTRE  
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**BOOK NOW**

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