

UQ SPORT FITNESS CENTRE **B25**

MON

PILATES 6:30 - 7:30AM STUDIO

VINYASA YOGA 9:00 - 9:55AM STUDIO

BODYPUMP® 12 - 12:45PM STUDIO

ZUMBA® 4 - 4:45PM STUDIO

GROUP TRAINING 4:30 - 5:15PM GYM LEVEL 3

BODYPUMP[®] 4:50 - 5:35PM STUDIO

PILATES <u>5:40 - 6:30PM</u> STUDIO

STRENGTH 5:30 - 6:15PM GYM, ROOM 105

CONDITIONING 6:30 - 7:15PM GYM, ROOM 105

YIN YOGA 6:35 - 7:35PM STUDIO

BOOK NOW

SEMESTER 1 GROUP FITNESS TIMETABLE

TUE	WED	THU	FRI	SAT
BODYPUMP [®] 6:30 - 7:25AM STUDIO	VINYASA YOGA 6:30 - 7:30AM STUDIO	PILATES 7:30 - 8:30AM STUDIO		HIIT & CORE 7:15 - 8:00AM STUDIO
STRENGTH & BALANCE 9:15 - 10:15AM STUDIO	PILATES 9 - 10AM STUDIO	STRENGTH & BALANCE 9:15 - 10:15AM STUDIO		VINYASA YOO 8:30 - 10:00A STUDIO
PILATES 12 - 12:45PM STUDIO	BODYPUMP[®] 12 - 12:45PM STUDIO	VIN YIN YOGA 12 - 12:45PM STUDIO	VINYASA YOGA 12 - 12:45PM STUDIO	SUN
BODYATTACK [®] 4:30 - 5:15PM STUDIO	PILATES 4:30 - 5:15PM STUDIO			BODYPUMP[®] 9 - 9:55AM STUDIO
	GROUP TRAINING 4:30 - 5:15PM GYM LEVEL 3		BODYATTACK [®] 4:30 - 5:15PM STUDIO	ZUMBA ® 4:30 - 5:15PM STUDIO
VIN YIN YOGA 5:30 - 6:30PM STUDIO	BODYPUMP [®] 5:30 - 6:25PM STUDIO	BODYPUMP [®] 5:30 - 6:25PM STUDIO		
BEGINNER BARBELL 5:30 - 6:25PM GYM, ROOM 105	STRENGTH 5:30 - 6:15PM GYM, ROOM 105	BEGINNER BARBELL 5:30 - 6:25PM GYM, ROOM 105	BODYPUMP® 5:30 - 6:25PM STUDIO	
BOOTCAMP 6:30 - 7:30PM GYM, ROOM 105	CONDITIONING 6:30 - 7:15PM GYM, ROOM 105	BOOTCAMP 6:30 - 7:30PM GYM, ROOM 105		
	ZUMBA[®] 6:30 - 7:15PM STUDIO	YIN YIN YOGA 6:30 - 7:30PM STUDIO	ZUMBA [®] 6:30 - 7:15PM STUDIO	

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UQ SPORT

GROUP FITNESS - POOL

TUE

SWIMFIT⁺ 9 - 10AM

MON

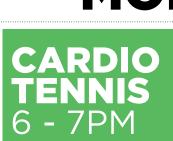


SWIMFIT⁺

6 - 7PM

SWIMFIT⁺ 6 - 7PM

MON TUE







BOOK NOW

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GROUP FITNESS

UQ SPORT AQUATIC CENTRE **B27**

WED	THU	FRI	SAT
SWIMFIT + 9 - 10AM		SWIMFIT + 9 - 10AM	
	AQUAFIT 7 - 8AM		
SWIMFIT + 6 - 7PM	SWIMFIT † 6 - 7PM		

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





