



# FREE TRIAL

21 JULY - 1 AUGUST



## GET 10 DAYS OF FREE FITNESS

Scan the QR code and select **FREE TRIAL** to get started.



FREE TRIAL WEEK 1

MON 21 JUL	TUE 22 JUL	WED 23 JUL	THU 24 JUL	FRI 25 JUL
<b>Cardio Tennis</b> 8-9am Tennis Centre	<b>BodyPump®</b> 6:30-7:30am Fitness Centre	<b>Cardio Tennis</b> 8-9am Tennis Centre	<b>Boxing</b> 6:30-7:15am Fitness Centre	
<b>SwimFit+</b> 9-10am Aquatic Centre	<b>AquaFit+</b> 7-8am Aquatic Centre	<b>SwimFit+</b> 9-10am Aquatic Centre	<b>AquaFit</b> 7-8am Aquatic Centre	<b>SwimFit+</b> 9-10am Aquatic Centre
Free Access to All Venues every day from 10am - 3pm				
	<b>Cardio Tennis</b> 8-9am Tennis Centre		<b>Cardio Tennis</b> 8-9am Tennis Centre	
<b>Vinyasa Yoga</b> 9-9:55am Fitness Centre		<b>MARKET DAY</b> 10am-2pm The Great Court	<b>Badminton</b> 10:30am-1:30pm Fitness Centre	
<b>Functional Fitness</b> 4:30-5:15pm Fitness Centre	<b>Pilates</b> 12-12:45pm Fitness Centre	<b>Functional Fitness</b> 4:30-5:15pm Fitness Centre	<b>BodyAttack®</b> 4:30-5:15pm Fitness Centre	<b>BODYPUMP</b> 5:30-6:30pm Fitness Centre
<b>SwimFit+</b> 6-7PM Aquatic Centre	<b>SwimFit+</b> 6-7PM Aquatic Centre	<b>Vinyasa Yoga</b> 7:30-8:30pm Fitness Centre	<b>SwimFit+</b> 6-7PM Aquatic Centre	



\*T&CS APPLY. UQ STUDENTS ONLY.

FREE TRIAL WEEK 2

MON 28 JUL	TUE 29 JUL	WED 30 JUL	THU 31 JUL	FRI 1 AUG
<b>Cardio Tennis</b> 8-9am Tennis Centre	<b>BodyPump®</b> 6:30-7:30am Fitness Centre	<b>Cardio Tennis</b> 8-9am Tennis Centre	<b>Boxing</b> 6:30-7:15am Fitness Centre	
<b>SwimFit+</b> 9-10am Aquatic Centre	<b>AquaFit</b> 7-8am Aquatic Centre	<b>SwimFit+</b> 9-10am Aquatic Centre	<b>AquaFit</b> 7-8am Aquatic Centre	<b>SwimFit+</b> 9-10am Aquatic Centre
Free Access to All Venues every day from 10am - 3pm				
	<b>Cardio Tennis</b> 8-9am Tennis Centre	<b>Table Tennis</b> 12-2pm The Great Court	<b>Cardio Tennis</b> 8-9am Tennis Centre	
<b>Vinyasa Yoga</b> 9-9:55am Fitness Centre		<b>Functional Fitness</b> 4:30-5:15pm Fitness Centre	<b>Badminton</b> 10:30am-1:30pm Fitness Centre	
<b>Functional Fitness</b> 4:30-5:15pm Fitness Centre	<b>Pilates</b> 12-12:45pm Fitness Centre		<b>BodyAttack®</b> 4:30-5:15pm Fitness Centre	
<b>SwimFit+</b> 6-7PM Aquatic Centre	<b>SwimFit+</b> 6-7PM Aquatic Centre	<b>GLOW ZUMBA</b> 6:30-7:30pm Fitness Centre	<b>SwimFit+</b> 6-7PM Aquatic Centre	

\*UQ students only. Terms and conditions apply. Check [uqsport.com.au/freetrial](http://uqsport.com.au/freetrial) for updates. \*ZUMBA and \*LES MILLS are registered trademarks of their respective owners. †SwimFit: must swim 500m freestyle continuously.