

GROUP FITNESS - FITNESS STUDIO - 17 NOV 25 - 1 FEB 26

MON	TUE	WED	THU	FRI	SAT	SUN
VINYASA YOGA 9 - 10AM Natalie	BODYPUMP® 6:30 - 7:25AM Cherrine				VINYASA YOGA 8:30 - 10:00AM Natalie	
BODYPUMP® 12 - 12:45PM Cherrine	STR & BALANCE 9:15 - 10:15AM Lauren	BODYPUMP® 12 - 12:45PM Cherrine	STR & BALANCE 9:15 - 10:15AM Lauren			
ZUMBA® 4 - 4:45PM Agnes	PILATES 12 - 12:45PM Lauren	PILATES 4:30 - 5:15PM Cherrine	VIN YIN YOGA 12 - 12:45PM Patricia	VINYASA YOGA 12 - 12:45PM Tatiana	BODYPUMP® 9 - 10AM Cherrine	
BODYPUMP® 4:50 - 5:35PM Cherrine	BODYATTACK® 4:30 - 5:15PM Caitlin	BODYPUMP® 5:30 - 6:25PM Cherrine			ZUMBA® 4:30 - 5:15PM Agnes	
PILATES 5:40 - 6:30PM Marina	VIN YIN YOGA 5:30 - 6:30PM Jo	ZUMBA® 6:30 - 7:15PM Marina	BODYPUMP® 5:30 - 6:25PM Christina	BODYPUMP® 5:30 - 6:25PM Marina		
YIN YOGA 6:35 - 7:35PM Jo				ZUMBA® 6:35 - 7:20PM Marina		

Please book your class online before attending. Classes are subject to change. Please refer to uqsport.com.au for updates.
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**WE ARE
TAKING
A BREAK**
22 DEC 2025
- 4 JAN 2026

GROUP TRAINING - GYM, ROOM 105

FUNCTIONAL FITNESS 4:30 - 5:15PM Jess		FUNCTIONAL FITNESS 4:30 - 5:15PM Hazel	
STRENGTH 5:30 - 6:15PM Jess	BOOTCAMP 5:30 - 6:30PM Jess	STRENGTH 5:30 - 6:15PM Hazel	BOOTCAMP 5:30 - 6:30PM Hazel



Scan here to book your next class.

GROUP FITNESS – POOL - 17 NOV 25 - 1 FEB 26

MON	TUE	WED	THU	FRI	SAT
	AQUAFIT 7 – 8AM		AQUAFIT 7 – 8AM		
SWIMFIT+ 9 – 10AM		SWIMFIT+ 9 – 10AM		SWIMFIT+ 9 – 10AM	
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 - 17 NOV 25 - 1 FEB 26

MON	TUE	WED	THU
CARDIO TENNIS 6:15 – 7:15PM			

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