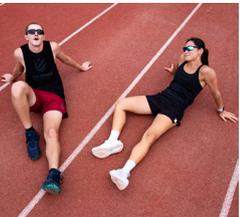


# WEEK 1

# FREETRIAL

MON 16 FEB	TUE 17 FEB	WED 18 FEB	THU 19 FEB	FRI 20 FEB
<b>Reformer</b> 6:30-7:20am Fitness Centre	<b>BodyPump®</b> 6:30-7:25am Fitness Centre	<b>Reformer</b> 6:30-7:20am Fitness Centre	<b>GRIT®</b> 7:15-7:45am Fitness Centre	
<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>AquaFit+</b> 7-8am Aquatic Centre	<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>AquaFit</b> 7-8am Aquatic Centre	
<b>SwimFit+</b> 9-10am Aquatic Centre	<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>SwimFit+</b> 9-10am Aquatic Centre	<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>SwimFit+</b> 9-10am Aquatic Centre
 <b>Vinyasa Yoga</b> 9-10am Fitness Centre	 <b>MARKET DAY</b> 10am-2pm The Great Court	 <b>BADMINTON</b> 10:30am-1:30pm Fitness Centre		
<b>FREE ACCESS TO GYM, POOL, COURTS AND TRACK EVERY DAY FROM 10AM - 3PM</b>				
 <b>Pilates</b> 12-12:45pm Fitness Centre	 <b>Shapes®</b> 1-1:45pm Fitness Centre	 <b>Vin Yin Yoga</b> 1-1:45pm Fitness Centre		
<b>GRIT®</b> 1-1:30pm Fitness Centre	<b>Zumba</b> 1-1:45pm Fitness Centre	<b>Reformer</b> 4:30-5:20pm Fitness Centre	<b>BodyPump®</b> 1-1:45pm Fitness Centre	
 <b>Strength</b> 4:30-5:20pm Fitness Centre	 <b>Reformer</b> 5:30-6:20pm Fitness Centre	 <b>BodyAttack®</b> 4-4:45pm Fitness Centre	 <b>Shapes®</b> 4:30-5:15pm Fitness Centre	
<b>SwimFit+</b> 6-7pm Aquatic Centre	<b>BodyAttack®</b> 5:50-6:35pm Fitness Centre	<b>SwimFit+</b> 6-7pm Aquatic Centre	<b>SwimFit+</b> 6-7pm Aquatic Centre	
<b>Bootcamp</b> 6:30-7:15pm Fitness Centre	<b>SwimFit+</b> 6-7pm Aquatic Centre	<b>Reformer</b> 6:30-7:20pm Fitness Centre	<b>BodyPump®</b> 6:30-7:30pm Fitness 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.

# WEEK 2

# FREE TRIAL

MON 23 FEB	TUE 24 FEB	WED 25 FEB	THU 26 FEB	FRI 27 FEB
<b>Reformer</b> 6:30-7:20am Fitness Centre	<b>BodyPump®</b> 6:30-7:25am Fitness Centre	<b>Reformer</b> 6:30-7:20am Fitness Centre	<b>GRIT®</b> 7:15-7:45am Fitness Centre	
<b>Outdoor Yoga</b> 7:30 - 8:15am Synthetic Field 4	<b>AquaFit+</b> 7-8am Aquatic Centre	<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>AquaFit</b> 7-8am Aquatic Centre	
<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>SwimFit+</b> 9-10am Aquatic Centre	<b>Cardio Tennis</b> 8-8:45am Tennis Centre	<b>SwimFit+</b> 9-10am Aquatic Centre
<b>SwimFit+</b> 9-10am Aquatic Centre		 <b>SPIKEBALL</b> 12pm - 2pm The Great Court	 <b>BADMINTON</b> 10:30am-1:30pm Fitness Centre	 <b>HMNS Nutrition Seminar</b> 12pm-12:45pm Viewpoint, B33
<b>Vinyasa Yoga</b> 9-10am Fitness Centre				

**FREE ACCESS TO GYM, POOL, COURTS AND TRACK EVERY DAY FROM 10AM - 3PM**

	<b>Pilates</b> 12-12:45pm Fitness Centre	<b>Shapes®</b> 1-1:45pm Fitness Centre	<b>Vin Yin Yoga</b> 1-1:45pm Fitness Centre	<b>BodyPump®</b> 1-1:45pm Fitness Centre
<b>GRIT®</b> 1-1:30pm Fitness Centre	<b>Zumba</b> 1-1:45pm Fitness Centre	<b>Strength</b> 5:30-6:30pm Fitness Centre	<b>Reformer</b> 4:30-5:20pm Fitness Centre	
<b>Reformer</b> 4:30-5:20pm Fitness Centre	<b>Shapes®</b> 4-4:45pm Fitness Centre	<b>SwimFit+</b> 6-7pm Aquatic Centre	<b>BodyAttack®</b> 4-4:45pm Fitness Centre	<b>Shapes®</b> 4:30-5:15pm Fitness Centre
	<b>Strength</b> 4:30-5:20pm Fitness Centre	<b>Reformer</b> 6:30-7:20pm Fitness Centre	<b>Bootcamp</b> 5:30-6:15pm Fitness Centre	<b>Reformer</b> 5:30-6:20pm Fitness Centre
<b>SwimFit+</b> 6-7pm Aquatic Centre	<b>Reformer</b> 5:30-6:20pm Fitness Centre	 <b>GLOW ZUMBA</b> 6:30-7:30pm Fitness Centre	<b>SwimFit+</b> 6-7pm Aquatic Centre	 <b>POOL PARTY</b> 6-9pm Fitness Centre
<b>BodyAttack®</b> 5:50-6:35pm Fitness Centre	<b>BodyPump®</b> 6:30-7:30pm Fitness Centre			
<b>Bootcamp</b> 6:30-7:15pm Fitness Centre	<b>SwimFit+</b> 6-7pm Aquatic Centre			

