



# TRAIN THROUGH WINTER

1 JUN - 20 JUL 2026

UQ SPORT  
FITNESS CENTRE  
B25

# GROUP FITNESS

FITNESS CENTRE



MON	TUE	WED	THU	FRI	SAT
	<b>BODYPUMP®</b> 6:30 - 7:25AM Cherrine				<b>VINYASA YOGA</b> 8:30 - 10:00AM Natalie
<b>VINYASA YOGA</b> 9 - 10AM Natalie	<b>STR &amp; BALANCE</b> 9:15 - 10:15AM Lauren		<b>STR &amp; BALANCE</b> 9:15 - 10:15AM Daniele		<b>SUN</b>
<b>BODYPUMP®</b> 12 - 12:45PM Cherrine	<b>PILATES</b> 12 - 12:45PM Lauren	<b>BODYPUMP®</b> 12 - 12:45PM Cherrine	<b>VIN YIN YOGA</b> 12 - 12.45PM Patricia	<b>VINYASA YOGA</b> 12 - 12:45PM Tatiana	<b>BODYPUMP®</b> 9 - 10AM Cherrine
<b>ZUMBA®</b> 4 - 4:45PM Agnes	<b>SHAPES®</b> 4 - 4:45PM Cherrine	<b>GRIT®</b> 4 - 4:30PM Vanisha	<b>BODYATTACK®</b> 4 - 4:45PM Caitlin		<b>ZUMBA®</b> 4:30 - 5:15PM Agnes
<b>BODYPUMP®</b> 4:50 - 5:35PM Cherrine	<b>VINYASA YOGA</b> 4:50 - 5:45PM JO	<b>PILATES</b> 4:35 - 5:20PM Cherrine	<b>SHAPES®</b> 4:50 - 5:35PM Cherrine	<b>SHAPES®</b> 4:30 - 5:15PM Vanisha	
<b>PILATES</b> 5:40 - 6:30PM Marina		<b>BODYPUMP®</b> 5:25 - 6:20PM Cherrine	<b>BODYPUMP®</b> 5:40 - 6:35PM Christina	<b>BODYPUMP®</b> 5:30 - 6:25PM Marina	
<b>YIN YOGA</b> 6:35 - 7:35PM Jo		<b>ZUMBA®</b> 6:30 - 7:15PM Marina		<b>ZUMBA®</b> 6:35 - 7:20PM Marina	

SCAN TO BOOK YOUR NEXT CLASS

Classes are subject to change without prior notice. Please refer to [uqsport.com.au](http://uqsport.com.au) for updates.  
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**TRAIN  
THROUGH  
WINTER**

**1 JUN - 20 JUL 2026**

**UQ SPORT  
TENNIS CENTRE  
B29**

# GROUP FITNESS

GYM, ROOM 105



MON	TUE	WED	THU	FRI	SAT
<b>FUNCTIONAL FITNESS</b> 4:30 - 5:15PM	<b>STRENGTH</b> 4:30 - 5:20PM	<b>FUNCTIONAL FITNESS</b> 4:30 - 5:15PM	<b>STRENGTH</b> 4:30 - 5:20PM		
<b>STRENGTH</b> 5:30 - 6:30PM	<b>BOOTCAMP</b> 5:30 - 6:15PM	<b>STRENGTH</b> 5:30 - 6:30PM	<b>BOOTCAMP</b> 5:30 - 6:15PM		
<b>BOOTCAMP</b> 6:30 - 7:15PM					

# GROUP FITNESS

UQ SPORT AQUATIC CENTRE

	<b>AQUAFIT</b> 7 - 8AM		<b>AQUAFIT</b> 7 - 8AM	
<b>SWIMFIT+</b> 9 - 10AM		<b>SWIMFIT+</b> 9 - 10AM		<b>SWIMFIT+</b> 9 - 10AM
<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	<b>SWIMFIT+</b> 6 - 7PM	

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

# GROUP FITNESS

UQ SPORT TENNIS CENTRE

MON	TUE	WED	THU
<b>CARDIO TENNIS</b> 6:15 - 7:15PM	<b>CARDIO TENNIS</b> 6:15 - 7:15PM	<b>CARDIO TENNIS</b> 6:15 - 7:15PM	<b>CARDIO TENNIS</b> 6:15 - 7:15PM

**SCAN TO BOOK  
YOUR NEXT CLASS**

