

Gardens Point Fitness Timetable



SPORT

All classes are 45 mins to 1 hour unless stated otherwise.

Book into your favourite class via the QUT Sport portal.

MORNING CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
6.30am						NO CLASSES
6.45am						
7.00am			CYCLEFIT (Virtual Cycling)			
11.15am						
11.30am	SOCIAL SPIN SQUAD (Virtual Cycling)				SOCIAL SPIN SQUAD (Virtual Cycling)	

AFTERNOON CLASSES

12.00pm	YOGA Active Flow	PILATES	SQUAD FIT (pool) \$10 non-members	PILATES	YOGA Active Flow	SQUAD FIT (pool) \$10 non-members	PILATES	NO CLASSES
12.30pm		INDIVIDUAL SESSIONS (Virtual Cycling)			INDIVIDUAL SESSIONS (Virtual Cycling)			
1.00pm				ZUMBACORE			ZUMBAXPRESS (30mins)	
5.00pm		BOXING		FUNCTIONAL FITNESS			BOXING	
5.30pm		YOGA			YOGA			

QUT SPORT FITNESS AND AQUATIC CENTRES

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CARDIO	STRENGTH	MIND & BODY	POOL
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