



SPORT

Kelvin Grove Fitness Timetable

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	Sunday
6.00am	HIIT CIRCUIT	SQUAD FIT (pool) \$10 non-members	SPIN 20-20-20	BODYCOMBAT (LES MILLS)	SQUAD FIT (pool) \$10 non-members	BODYPUMP (LES MILLS)	SQUAD FIT (pool) \$10 non-members		NO CLASSES
6.30am									
8.30am							BODYPUMP (LES MILLS)		
9.30am							BODYCOMBAT (LES MILLS)		
9.45am						AQUA			
10.00am				AQUA					
11.00am	AQUA			BOXING FOR PARKINSONS (not open to public)					

AFTERNOON CLASSES

12.00pm	FUNCTIONAL STRENGTH	PILATES		YOGA				NO CLASSES
5.30pm	BODYPUMP (LES MILLS)	ZUMBACORE	45MIN SPIN CLASS	BODYCOMBAT (LES MILLS)				
6.30pm	YOGA	YOGA	YOGA	PILATES				

QUT SPORT FITNESS AND AQUATIC CENTRES

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CARDIO	STRENGTH	MIND & BODY	POOL
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