



SPORT

Gardens Point: **Holiday Fitness Timetable**

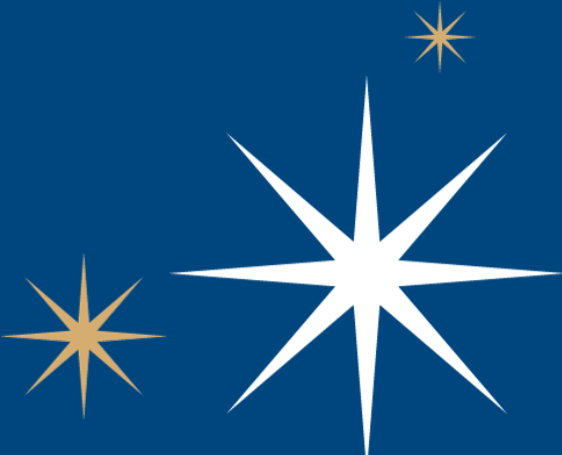
This timetable is for 22 December 2023 until 7 January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
6.45am						NO CLASSES
11:15am						
12:00pm	Yoga Active Flow			Yoga Active Flow	ZumbaXpress (30mins)	
1:00pm			ZumbaCore			
5:00pm		Boxing	Functional Fitness		Boxing	
5.30pm		Yoga		Yoga		

Book into your favourite class via the QUT Sport portal.

QUT SPORT FITNESS AND AQUATIC CENTRES

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Kelvin Grove: Christmas Week

This timetable is for 25 December 2023 until 31 December 2023

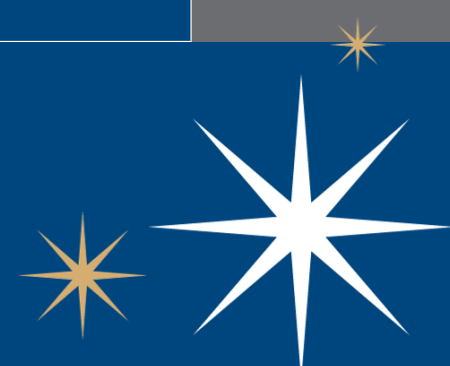


	Monday 25 December	Tuesday 26 December	Wednesday 27 December	Thursday 28 December	Friday 29 December	Saturday 30 December	Sunday 31 December
6.00am	NO CLASSES	NO CLASSES		Body Pump	NO CLASSES		NO CLASSES
6.30am							
7.00am			Body Combat				
8.30am						Body Pump	
9.30am						Body Combat	
9.45am				AQUA			
10.00am			AQUA				
11.00am			Boxing for Parkinsons				
12.00pm							
5.00pm				Body Combat			
6.00pm				Pilates			

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Kelvin Grove: **New Year's** Week

This timetable is for 1 January 2024 until 7 January 2024



	Monday 1 January	Tuesday 2 January	Wednesday 3 January	Thursday 4 January	Friday 5 January	Saturday 6 January	Sunday 7 January
6.00am	NO CLASSES		Body Combat	Body Pump	NO CLASSES		NO CLASSES
6.30am							
7.00am		Spin 20-20-20					
8.30am						Body Pump	
9.30am						Body Combat	
10.00am			AQUA				
11.00am			Boxing for Parkinsons				
12.00pm							
5.00pm			Spin (45mins)	Body Combat			
6.00pm			Yoga	Pilates			

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