

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM	▶ YOGA	▶ BODYPUMP (LES MILLS)	▶ PILATES	▶ YOGA	▶ LES MILLS CORE (45 MINS)		
5:00 PM		▶ BOXING CIRCUIT	▶ LES MILLS CORE (30 MINS)		▶ BOXING CIRCUIT		
5:30 PM	▶ BODYPUMP (LES MILLS)	▶ YOGA	▶ BODYPUMP (LES MILLS)	▶ YOGA			

## ADULT SWIM FIT

6:00 AM							
5:30 PM				▶ SWIMFIT			

### GARDENS POINT FITNESS AND AQUATICS

W: [ymcafitness.com/locations/ymca-qut-gardens-point](http://ymcafitness.com/locations/ymca-qut-gardens-point)

F: YMCA QUT Fitness and Aquatic | I: ymcaqut