

UQ SPORT

Come'n'Try Week

The best things in life are **FREE**

FREE

1 – 6 AUGUST 2011

START TIME	Monday 1 August	Tuesday 2 August	Wednesday 3 August	Thursday 4 August	Friday 5 August	Saturday 6 August
6:00am	Fit Chicks (TMP)					
6:30am	Boot Camp (ONC)	Boxing for fitness (MAG)		Boot Camp (ONC)		
7:00am	Body Attack (ISP)					
10:30am						Badminton 10:30am – 12pm (ISP)
11:00am		UQ Golf Long Drive Heroes Competition 11am-1pm How far can you drive a Golf Ball? (HUB)				
12:00pm	Zumba (ISP)	Hip Hop (ISP)	Group Step (ISP)	UQ Staff Pilates (MPA)	UQ Tennis Centre Student Sign-on Day 12 – 3pm FREE classes FREE BBQ & DISCOUNTS on programs (UQTC)	
	Beginner Tennis (UQTC)	HitFIT - Cardio Tennis (UQTC)	Pilates (MPA)	HitFIT - Cardio Tennis (UQTC)		
	Mixed Martial Arts (MAG)		Capoeria (MAG)	Mixed Martial Arts Fitness (MAG)		
1:00pm	Salsa (ISP)	Body Pump (ISP)	Body Balance (MPA)	Group Ride (RPM)		
	Kickboxing (MAG)	Parkour (HUB)		Dynamic Vinyasa Yoga (MPA)		
	UQ Staff Yogalates	Photography Workshop Bring your camera (HUB)	Latin Fitness Dance (ISP)	Kickboxing (MAG)		
3:30pm			Parkour (HUB)			
4:00pm		Capoeria (MAG)		Mixed Martial Arts (MAG)		
4:30pm	Body Combat (ISP)	Group Ride (RPM)	Mixed Martial Arts Fitness (MAG)	Body Combat (ISP)		
	Feldenkrais Method Bones for Life (MPA)	Hip Hop (ISP)				
5:00pm			Tai Chi (CG)	Self Defence (MAG)		
5:30pm	Dynamo ABT (ISP)	Body Attack (ISP)	Body Pump (ISP)	Group Step (ISP)		
	Hatha Yoga (TMP)	Fencing (CG)	Boot Camp (ONC)	Latin Fitness Dance (CG)		
6:00pm		UQ Staff Boot Camp (ONC)		Feldenkrais Method (TMP)		
6:30pm	Hatha Yoga Level 2 (TMP)	Body Combat (ISP)	Body Attack (ISP)	Zumba (ISP)		
		Raja Yoga (TMP)		Salsa Dance (CG)		
		Musical Theatre (MPA)	Group Ride (RPM)	Pilates (TMP)		
7:30pm		Cabaret Dance (MPA)	Pole Dancing for Fitness (MPA)	Latin Dance (CG)		
8:00pm	Tango Dance (MPA)			Pilates Level 2 (TMP)		
8:30pm		Jazz Int (MPA)		Tango Dance (MPA)		

Group Fitness Class
(classes run for approx. 55 mins)

- Please bring a towel to each class.
- Please wear appropriate footwear. No footwear, no entry.

Lifestyle Course
(classes run between 30-60 mins)

UQ Staff Only Course
(classes run for 60 mins)

Venue-based Course
(classes run for 60 mins)

IMPORTANT INFORMATION

- Classes are "First In – First Served" basis. Some classes are limited by equipment and space restrictions, so please arrive early to secure your place in the class.
- We advise that you bring a water bottle to each class
- Please switch off all mobile phones before entering the class

LOCATION KEY

MPA: Multi Purpose Area
ISP: Indoor Sports Pavilion
RPM: Indoor Cycle Studio
MAG: Martial Arts Gym
CG: Connell Gym
TMP: The Meeting Place (Athletics)
UQTC: UQ Tennis Centre
ONC: Outdoor Netball Court
HUB: UQ Sport Activity Hub

Please flash your **FREE WEEKLY PASS** to the instructor to gain entry to the class.

Register online at: www.uqsport.com.au/ComeNTry
 Or at the UQ Sport Activity Hub

