<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.45am</td>
<td>SWIM SQUAD</td>
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<td>SWIM SQUAD</td>
<td>5.45am</td>
</tr>
<tr>
<td>7.15am</td>
<td>**BODYPUMP®</td>
<td>**RPM®</td>
<td></td>
<td>**BOOT CAMP</td>
<td>7.15am</td>
</tr>
<tr>
<td>12.00pm</td>
<td>RPM®</td>
<td>BODYCOMBAT®</td>
<td>ABT</td>
<td>**BODYPUMP®</td>
<td>RPM®</td>
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<tr>
<td>12.15pm</td>
<td>*SWIM FIT</td>
<td>*SWIM FIT</td>
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<td>*SWIM FIT</td>
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</tr>
<tr>
<td>12.45pm</td>
<td>**YOGA</td>
<td>**ZUMBA</td>
<td>**BODYATTACK®</td>
<td>**BODYBALANCE®</td>
<td>**SLAM</td>
</tr>
<tr>
<td>4.30pm</td>
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<tr>
<td>5.00pm</td>
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<td>**AQUA AEROBICS</td>
<td>5.00pm</td>
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<td>5.00pm</td>
<td>**RPM®</td>
<td>**YOGA</td>
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<td>5.45pm</td>
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<td>**ZUMBA</td>
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<td>6.00pm</td>
<td>SWIM SQUAD</td>
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<td>SWIM SQUAD</td>
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<tr>
<td>6.45pm</td>
<td>**BOXING CIRCUIT</td>
<td>**BOXING CIRCUIT</td>
<td>**BOXING CIRCUIT</td>
<td>6.45pm</td>
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</tbody>
</table>

* indicates 30 minute class ** indicates 45 minute class

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**Nathan Fitness Centre**  -  3735 3628  /  griffith.edu.au/nathan-fitness
Weekdays: 5.30am to 9pm / Saturday: 8am to 11am, 3pm to 6pm / Sunday: 1pm to 5pm

**Mt Gravatt Aquatic & Fitness Centre**  -  3735 5922  /  griffith.edu.au/aquatic-and-fitness-centre
Monday - Thursday: 5am to 9pm / Friday: 5am - 8pm / Saturday: 8am to 5pm / Sunday: 10am to 5pm

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*indicates 30 minute class ** indicates 45 minute class*
BODYCOMBAT® combines moves and stances from a range of self-defence disciplines like Karate, Boxing and Taekwondo into an energetic routine.

BODYSTEP® is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music.

BODYATTACK™ is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvements in general endurance and an increase in overall body strength.

BOdYaTTaCK™ is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvements in general endurance and an increase in overall body strength.

BODYPUMP® is a 45 - 60 min class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate.

BOdYsTEP® is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music.

RPM™ is an indoor cycling class designed to develop cardiovascular capacity. Burning up to 800 calories in one 45 min session, this class is a favourite for those wanting to reduce body fat.

BODYATTACK™ is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvements in general endurance and an increase in overall body strength.

SLAM
An overall circuit style workout to challenge the whole body.

A 45 minute dynamic flowing class which combines traditional postures and breathing to improve strength, stamina, muscle tone and flexibility. Other benefits also include calming of the nervous system and centreing the mind.

BOXING CIRCUIT
This class uses innovative training techniques that are both challenging & confidence building. Burn calories, tone and gain strength in a fun, safe and engaging atmosphere. Sessions include pad punching, kettle bells, medicine ball and Swiss Ball training and many more challenging exercises. This class is conducted by The Boxing Shop on behalf of the Nathan Fitness Centre.

SWIM SQUAD
Is an hour session for swimmers looking to build endurance, fitness and speed combined with regular stroke correction

SWIM FIT
Is a 30min swim session aiming to improve strokes and start building on swim fitness

AQUA AEROBICS
A 45 min low impact aerobic class conducted in a heated pool

GROUP FITNESS POLICY
The below has been implemented to ensure the safety of Group Fitness participants as well as the continuation of the program that satisfies class needs.
• No one can enter the class more than 5 minutes after the class has begun.
• Every participant must have the correct clothing and footwear to participate in the class.
• Every participant, including casual attendees, must fill in a Getting to know you - Pre-Exercise Screening Questionnaire.

ATTENDANCE NUMBERS
Three participants: The class will be cancelled; this participant will be granted complimentary access to the gym.
Four participants: The class will continue, but for half the scheduled time.
Five participants: The class will run as normal.

Any class that consistently has low numbers or is cancelled on a regular basis will be re-assessed and may be re-scheduled or moved to a different day and/or time.