

GROUP FITNESS TIMETABLE

Nathan Fitness Centre						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am	H.I.I.T.	RPM*	BODYPUMP*	H.I.R.T.	RUN SQUAD	
9.30am						BODYPUMP*
12.00pm	BODYPUMP*	ZUMBA	FUNCTIONAL FITNESS	BODYPUMP*	RPM*	
12.45pm	STRETCH	PUMP	THUMP	BODYCOMBAT*		
4.45pm		H.I.R.T.	PILATES	ZUMBA		
5.30pm	FUNCTIONAL FITNESS		ZUMBA	STRETCH		

Nathan Boxing Shop					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00am					LADIES ONLY BUTTERFLY BOXING
7.00am			BOX BLAST*		
12.00pm	BOX BLAST*				
5.45pm		BOXING PADS		BOXING CIRCUIT	

Mt Gravatt Aquatic and Fitness Centre					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.30am	SWIM SQUAD**	SWIM SQUAD**		SWIM SQUAD**	SWIM SQUAD**
5.45pm	AQUA				
6.00pm			AQUA		
6.15pm		BOXING		BOXING	

*Indicates 30 minute class **Indicates 90 minute class | All other classes are 45 minutes

For more information griffith.edu.au/sport/venues

✉ griffithsport@griffith.edu.au  [griffithsport](https://www.facebook.com/griffithsport)  07 3735 3628

Nathan Fitness Centre

STRETCH leaves you feeling relaxed, renewed and combines the likes of Yoga, Tai Chi, and Pilates.

BODYCOMBAT® combines moves and stances from Karate, Boxing, and Taekwondo into an energetic routine.

BODYPUMP® is a resistance training class using barbells and adjustable weights to tone and condition muscles.

H.I.R.T. fuses intense interval training with a combination of resistance based exercises for the body.

H.I.I.T. is high intensity interval training. It is a circuit type class which will have your heart racing and body burning.

PILATES is a core class focused on improving postural alignment, which results in enhanced functional fitness, ease of movement, back, abdominal, shoulder strength, and balance.

RPM® is an indoor cycling class designed to develop aerobic capacity and burn up to 800 calories in 45 minutes.

RUN SQUAD is a class that introduces running techniques, whilst enhancing aerobic capacity and efficiency in the lead up to big running events.

FUNCTIONAL FITNESS uses kettle bells, ropes, TRX and weights to get an intense all over body workout.

TABATA STRENGTH is a high intensity interval strength workout for 20 seconds, resting for 10 seconds, repeat.

YOGA Increase your energy with stretches, postures and poses. This class will help you increase muscle strength, flexibility and build stamina.

YOGALATES is a comprehensive exercise system which successfully combines Pilates strength exercises with the postures/flexibility and breathing techniques of yoga.

ZUMBA combines Latin and International music with a fun and effective Latin-based dance workout.

MONDAY - FRIDAY: 5.30am - 9.00pm | **SATURDAY:** 8.00am - 5.00pm | **SUNDAY:** 1.00pm - 5.00pm

Level 1 The Hub, Building N11, South Ring Road, Nathan Campus | 📍 griffith.edu.au/nathan-fitness | ☎ 3735 3628

Nathan Boxing Shop

BOXING PADS will teach you to box like a professional by introducing boxing skills through pad work and fitness.

BOX BLAST is a half hour boxing circuit class that raises the heart rate to get the most out of training in the shortest time possible.

BOXING CIRCUIT is an old school boxing circuit class that will push your body to the limits.

LADIES ONLY caters to all fitness levels; this class will have your heart racing and head spinning.

Level 1 The Hub, Building N11, South Ring Road, Nathan Campus | 📍 theboxingshop.com.au | ☎ 3735 4280

Mt Gravatt Aquatic and Fitness Centre

AQUA is a great workout in the pool, focusing on a combination of cardiovascular and resistance exercises designed to increase fitness levels and improve muscle tone. This class is designed for all fitness abilities.

SWIM SQUAD is a 90-minute session for swimmers looking to build endurance, fitness, and speed combined, with a focus on stroke correction.

MONDAY - FRIDAY: 5.00am - 9.00pm | **SATURDAY:** 7.00am - 6.00pm | **SUNDAY:** 8.00am - 6.00pm

Building M30 Aquatic Lane, Mt Gravatt Campus | 📍 griffith.edu.au/aquatic-and-fitness-centre | ☎ 3735 5922