




MAKE CHANGES, NOT EXCUSES

SPRINGFIELD CLASS TIMETABLE

FROM JULY
👍 **07 4688 0700**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM - 7:00 AM		HIT	STRENGTH TRAINING		BOXING
7:00 AM - 7:30 AM		CORE WORK	CIRCUITS		
8:00 AM - 8:30 AM	MORNING CARDIO				CORE STRENGTH
12:00 PM - 12:30 PM	BODY WEIGHT				BEFORE THE WEEKEND CARDIO
1:00 PM - 1:30 PM	POWER HALFHOUR				
4:30 PM - 5:30 PM	BOOT CAMP	YOGA	PILATES	BOOT CAMP	



USQ Education City, 37 Sinnathamby Blvd, Springfield Central QLD 4300

✉ theworks@studentguild.com.au 🌐 www.usqworks.com.au

USQ WORKS HEALTH & RECREATION CENTRE

OPENING HOURS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM - 5:00PM	6:30AM - 12:30PM	6:30AM - 1:30PM	1:00PM - 5:30PM	6:30AM - 12:30PM

MEMBERSHIP INFORMATION

MEMBERSHIP TYPE	6 MONTH INCLUDING 5% DISCOUNT	1 YEAR INCLUDING 10% DISCOUNT	FORTNIGHTLY PAYMENTS
USQ STUDENTS	\$270	\$510	\$21.95
USQ ASSOCIATES	\$270	\$510	\$21.95
GENERAL COMMUNITY	\$332	\$630	\$26.95
CONCESSION	\$308	\$580	\$24.95
CORPORATE	\$308	\$580	\$24.95

*Conditions apply.

All prices include GST. No refunds will be given on 6 & 12 month packages.

Strength & Mobility **H.I.R.T** X FIT **BOOTCAMP**
PILATES BOXING Supercore **YOGA** EXPRESS FIT **ABT**



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