

# Group Fitness Timetable

## Mount Warren Sports and Fitness Centre

|       | Monday              | Tuesday        | Wednesday           | Thursday | Friday              | Saturday |
|-------|---------------------|----------------|---------------------|----------|---------------------|----------|
| 06:00 |                     |                |                     | Strength |                     |          |
| 06:15 |                     | Aqua Aerobics  | Aqua Aerobics       |          |                     |          |
| 07:00 |                     |                |                     |          |                     | Konga    |
| 08:00 |                     |                |                     |          | Yoga A&H            |          |
| 09:15 | Fit                 | Step           | Command             | Konga    | ABT                 |          |
| 10:30 | Gentle Exercise A&H | Zumba Gold A&H | Gentle Exercise A&H | Yoga A&H | Gentle Exercise A&H |          |
| 11:30 |                     | Tai Chi        |                     |          |                     |          |
| 12.15 | Aqua Aerobics       |                | Aqua Aerobics       |          |                     |          |
| 17:30 | Pilates A&H         | Boxing         |                     |          |                     |          |
| 18:05 | Aqua Aerobics       |                |                     |          |                     |          |
| 18:30 |                     | Yoga A&H       |                     |          |                     |          |

**GREEN = Low Intensity ORANGE = Mind and Body PINK = High Intensity**

A&H - Active & Healthy Classes. Complimentary for Logan Leisure Centre members, \$5 per class for non-members.

All Aqua Aerobics Classes are held at **Beenleigh Aquatic Centre**, City Rd, Beenleigh QLD 4207. Classes are available to Platinum Members at no extra cost. Single visit to an Aqua Aerobics Class - \$11 or opt for a more committed approach with our 10-class pass at \$95 or 25-class pass at \$185.



Experience the convenience of online class bookings! Simply scan the QR code to book your spot, modify your class selection and stay informed about any last-minute changes.

This Group Fitness Timetable is effective as of 16th of May 2024 and is subject to change without notice.