

# Group Fitness Timetable

## Logan Metro Fitness Centre

|       | Monday         | Tuesday             | Wednesday      | Thursday    | Friday         | Saturday           |
|-------|----------------|---------------------|----------------|-------------|----------------|--------------------|
| 07:10 |                |                     |                |             |                | Xtreme Hip Hop A&H |
| 08:15 |                |                     |                |             |                | Konga              |
| 09:15 | Xtreme Hip Hop | Functional Fit      | Xtreme Burn    |             | Boxing         |                    |
| 10:30 | Pilates A&H    | Gentle Exercise A&H | Zumba Gold A&H | Yoga        |                |                    |
| 10:45 |                |                     |                |             | Move More A&H  |                    |
| 12:00 |                | Lung Power A&H      |                |             | Lung Power A&H |                    |
| 17:30 | ABT            | VYPA                | Pump           | Command A&H |                |                    |
| 18:30 |                |                     |                | Pilates     |                |                    |

**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.



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 June 2024 and is subject to change without notice.