

# 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	
13:30		Cancer Care Exercise A&H			Exercise for Parkinson's 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. Cancer Care Exercise and Lung Power Classes \$5 for all.



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 30th of July 2024 and is subject to change without notice.