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.

Logan Metro Fitness Centre 57 Browns Plains Road, Crestmead 07 3081 6602 Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood 07 3541 6170 Mount Warren Sports and Fitness Centre 2 Milne Street, Mt Warren Park 07 3094 5401



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