

# Group Fitness Timetable

## Logan North Aquatic and Fitness Centre



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:45	Command			Pump		
06:05		Aqua Aerobics		Aqua Aerobics		
08:15						Zen A&H
09:15	Konga	VYPA	Strength		Pump	
09:30				Zumba		
10:30	Pilates	Rhythm & Dance	Yoga	Gentle Exercise A&H	Yoga	
11:30	Gentle Exercise A&H	Move More A&H	Move More			
12:00	Aqua Aerobics				Aqua Aerobics	
12:00					Exercises for Parkinson's A&H	
12:15			Aqua Aerobics			
17:30		HIIT	Pump			
18:05	Aqua Aerobics	Aqua Zumba	Aqua Aerobics			
18:30	Pilates					
18:45				Pilates 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. Bookings essential. Non-members can register with guest account and pay prior to class.



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 7th of June 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**

[loganleisurecentres.com.au](http://loganleisurecentres.com.au)



**LEISURE CENTRES**