

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	Line Dancing	Tai Chi				
12.15	Aqua Aerobics		Aqua Aerobics			
17:30	Pilates A&H					
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. Bookings essential. Non-members can register with guest account and pay prior to class.

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 13th of August 2024 and is subject to change without notice.

