

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.

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.