

# 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				Circuit		
10:30	Pilates	Metafit	Yoga	Gentle Exercise A&H	Yoga	
11:30	Gentle Exercise A&H	Move More A&H	Move More			
12:00	Aqua Aerobics				Aqua Aerobics	
12:15			Aqua Aerobics		Exercise for Parkinson's A&H	
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.



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 7<sup>th</sup> 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**