

Group Fitness Timetable

Mount Warren Sports and Fitness Centre

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---------------------|----------------|---------------------|----------|---------------------|----------|
| 06:00 | | | | | | |
| 06:15 | | Aqua Aerobics | Aqua Aerobics | | | |
| 07:00 | | | | | | Konga |
| 08:00 | | | | | | |
| 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 | | | | | |
| 12.15 | Aqua Aerobics | | Aqua Aerobics | | | |
| 17:30 | Pilates A&H | | | | | |
| 18:00 | | Yoga A&H | | | | |
| 18:05 | Aqua Aerobics | | | | | |
| 18:30 | | | | | | |

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 other classes on the schedule are \$15 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.

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



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