

Group Fitness Timetable

Mount Warren Sports and Fitness Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00						Konga
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	Zumba Gold	Tai Chi & Qigong				
17:30	Pilates A&H					
18:00		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 other classes on the schedule are \$15 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 9th of October 2025 and is subject to change without notice.