



Mount Warren HALLOWEEN GROUP FITNESS CLASSES

MONDAY

- 9:15 am Frightfully Fit
- 10:30 am Golden Ghouls Exercise A&H
- 11:30 am BOO-gie Gold
- 5:30 pm Harvest Moon Pilates A&H

TUESDAY

- 9:15 am Pumpkin Patch Pilates
- 10:30 am Monster Mash Dancefit A&H
- 6:00 pm Moonlight Yoga A&H

WEDNESDAY

- 9:15 am Zombie Bootcamp
- 10:30 am Golden Ghouls Exercise A&H

THURSDAY

- 9:15 am Konga Thriller
- 10:30 am Pumpkin Spice & Yoga Nice A&H
- 11:30 am Pumpkin Chi (Tai Chi & Qigong)

FRIDAY

- 9:15 am Spooky Sculpt
- 10:30 am Golden Ghouls Exercise A&H

SATURDAY

- 7:00 am Konga Thriller



LEISURE
CENTRES

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