Group Fitness Timetable

Mount Warren Sports and Fitness Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00						Konga
09:15	Fit	Pilates	Command	Konga	ABT	
10:30	Gentle Exercise A&H	DanceFIT Gentle 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 are complimentary for Logan Leisure Centre members and just $5 per class for non-members.
All other classes on the schedule are complimentary for members and $17.50 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 18th of November 2026 and is subject to change without notice.