Group Fitness Timetable

Logan North Aquatic and Fitness Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:45	Command	Tabata	ABT	Pump		
06:00		Aqua Aerobics		Aqua Aerobics		
08:15						Zen A&H
09:15	Konga	VYPA	Strength		Pump	
09:30				Zumba		
10:30	Pilates	ABT	Pilates	Gentle Exercise A&H	Yoga	
11:30	Gentle Exercise A&H	Move More A&H	Move More			
12.00	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	
17:30		HIIT	Pump			
18:05	Aqua Aerobics	Aqua Zumba	Aqua Aerobics			
18:30	Pilates	Zen				
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.

This Group Fitness Timetable is effective as of 14th of March 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