

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.