

Group Fitness Timetable

Mount Warren Sports and Fitness Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00				Strength		
06:15		Aqua Aerobics	Aqua Aerobics			
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		Tai Chi				
12:15	Aqua Aerobics		Aqua Aerobics			
17:30	Pilates A&H	Boxing				
18:00				Yoga A&H		
18:05	Aqua Aerobics					
18:30		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 Aqua Aerobics Classes are held at **Beenleigh Aquatic Centre**, City Rd, Beenleigh QLD 4207. Classes are available to Platinum Members at no extra cost. Single visit to an Aqua Aerobics Class - \$11 or opt for a more committed approach with our 10-class pass at \$95 or 25-class pass at \$185. Secure your spot by making a reservation onsite - the booking sheet will be ready 30 minutes before each session.

This Group Fitness Timetable is effective as of 11th of January 2024 and is subject to change without notice.