

FITNESS 4173

1604 Wynnum Rd, Tingalpa 4173 - 07 3390 5011

	MORNING		AFTERNOON	
MONDAY	5:30am - 6:15am	POWER BAR	5:15pm - 6:00pm	CONQUER
	8:00am - 8:45am	AQUA	6:15pm - 7:00pm	AQUA
	9:15am - 9:45am	EXTREME	6:45pm - 7:30pm	ZUMBA
	9:45am - 10:30am	BARRE & BOOTY		
TUESDAY	5:30am - 6:15am	CRANK IT	5:30pm - 6:15pm	FUNCTIONAL
	8:00am - 8:45am	AQUA	6:15pm - 7:00pm	AQUA
	9:15am - 10:00am	CIRCUIT	6:30pm - 7:30pm	YOGA
WEDNESDAY	5:30am - 6:15am	FUNCTIONAL	5:15pm - 6:00pm	SPIN CIRCUIT
	6:00am - 6:45am	AQUA	6:00pm - 6:45pm	BARRE & BOOTY
	9:15am - 10:00am	ZUMBA	6:15pm - 7:00pm	AQUA
	10:00am - 11:00am	TAI CHI		
THURSDAY	8:00am - 8:45am	AQUA	6:30pm - 7:30pm	YOGA* / PILATES*
	9:15am - 9:45am	ABS, BUTT, THIGHS	6:00pm - 6:45pm	BOX FIT
	9:45am - 10:45am	TAI CHI YOGA	6:15pm - 7:00pm	AQUA
FRIDAY	5:30am - 6:00am	X-TRAIN	*YOGA & PILATES Thursday to alternate every 8 weeks starting from 05/03/20 Creche: Mon to Thur: 9am - 11am Mon: 5:30pm - 7:30pm Sat: 8am - 10am	
	6:00am - 6:30am	CORE & STRETCH		
	8:00am - 8:45am	AQUA		
SATURDAY	8:00am - 9:00am	PILATES		
	8:00am - 8:45am	BOX FIT		
	9:00am - 9:45am	ZUMBA		

MANLY POOL

1 Fairlead Cres, Manly 4179 - 07 3396 2578

	MORNING		AFTERNOON	
MONDAY			6:00pm - 6:45pm	AQUA
TUESDAY	9:15am - 10:00am	AQUA	3:45pm - 4:15pm	KIDZFIT (\$5)
			4:30pm - 5:00pm	KIDZFIT (\$5)
			5:30pm - 6:00pm	BODY BLITZ
			6:00pm - 7:00pm	SWIMFIT SQUAD
WEDNESDAY	9:30am - 10:15am	FOREVER YOUNG	5:30pm - 6:00pm	KICK FIT
	10:30am - 11:15am	AQUA	6:00pm - 6:45pm	AQUA
THURSDAY	5:30am - 6:30am	SWIMFIT SQUAD	Scan QR code to download full PDF Group Fitness Timetable	
	9:15am - 10:00am	AQUA		
	10:15am - 11:00am	MUMS & BUBS		
FRIDAY	8:30am - 9:15am	FOREVER YOUNG		
	9:30am - 10:00am	BODYBLITZ BOXING		
SATURDAY	8:00am - 8:45am	AQUA		

