

FITNESS 4173

1604 Wynnum Rd, Tingalpa 4173

	MORNING		AFTERNOON	
MONDAY	5:30am - 6:15am	POWER BAR	6:00pm - 7:00pm	CONQUER
	8:00am - 8:45am	AQUA FIT	6:00pm - 6:45pm	ZUMBA
	9:15am - 10:00am	BODY BLITZ		
	10:00am - 10:45am	FOREVER YOUNG		
TUESDAY	8:00am - 8:45am	FOREVER YOUNG	6:00pm - 7:00pm	YOGA
	9:15am - 10:00am	EXPRESS CONQUER	6:00pm - 6:45pm	BOX FIT
WEDNESDAY	5:30am - 6:15am	FUNCTIONAL FITNESS	5:15pm - 6:00pm	SPIN CIRCUIT
	8:00am - 8:45am	AQUA FIT		
	9:15am - 10:00am	POWER BAR		
THURSDAY	9:15am - 10:00am	MIND BODY SPIRIT	6:00pm - 6:45pm	POWER BAR
FRIDAY	5:30am - 6:15am	BODY BLITZ		
	8:00am - 8:45am	AQUA FIT		
	9:15am - 10:00am	FUNCTIONAL FITNESS		
SATURDAY	8:00am - 9:00am	PILATES	<div style="border: 2px solid yellow; padding: 5px; text-align: center;"> FREE TO PUBLIC FRIDAY FUNCTIONAL FITNESS </div>	
	8:00am - 8:45am	BOX FIT		
	9:00am - 9:45am	ZUMBA		

MANLY POOL

1 Fairlead Cres, Manly 4179

	MORNING		AFTERNOON	
MONDAY	8:30am - 9:00am	KICK-FIT		
TUESDAY	6:30am - 7:00am	KICK-FIT		
	9:15am - 10:00am	AQUA FIT		
WEDNESDAY	9:30am - 10:15am	FOREVER YOUNG	5:15pm - 6:00pm	KICK-FIT
	10:30am - 11:15am	AQUA BOX		
THURSDAY	6:30am - 7:00am	KICK-FIT	<div style="border: 2px solid yellow; padding: 5px; text-align: center;"> FREE TO PUBLIC THURSDAY CIRCUIT CLASS </div>	
	8:30am - 9:00am	FREE CIRCUIT CLASS		
	9:15am - 10:00am	AQUA STRENGTH		
FRIDAY	8:30am - 9:15am	FOREVER YOUNG		
SATURDAY	8:00am - 8:45am	AQUA FIT		
CLASS NOTES:	KICK-FIT BYO fins, kickboards and goggles.	AQUA BOX Aqua gloves or dumbbells recommended but not compulsory.	AQUA STRENGTH Aqua dumbbells recommended but not compulsory	FOREVER YOUNG Class done on land.