

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	6:15pm - 7:00pm	AQUA FIT
	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	6:15pm - 7:00pm	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		
	8:00am - 8:45am	BOX FIT		
	9:00am - 9:45am	ZUMBA		

PLEASE NOTE:
ALL CLASSES HIGHLIGHTED GREEN ARE FREE FOR MEMBERS & NON-MEMBERS.

MANLY POOL

1 Fairlead Cres, Manly 4179

	MORNING		AFTERNOON	
MONDAY	8:30am - 9:00am	KICK-FIT	6:00pm - 6:45pm	AQUA BOX
TUESDAY	6:30am - 7:00am	KICK-FIT		
	9:15am - 10:00am	AQUA FIT		
	12:30pm - 1:00pm	BODY BLITZ		
WEDNESDAY	9:30am - 10:15am	FOREVER YOUNG	5:15pm - 6:00pm	KICK-FIT
	10:30am - 11:15am	AQUA BOX	6:00pm - 6:45pm	AQUA FIT
THURSDAY	6:30am - 7:00am	KICK-FIT		
	8:30am - 9:00am	CIRCUIT		
	9:15am - 10:00am	AQUA STRENGTH		
FRIDAY	8:30am - 9:15am	FOREVER YOUNG		
SATURDAY	8:00am - 8:45am	AQUA FIT		