

FITNESS 4173

1604 Wynnum Rd, Tingalpa 4173 - 07 3390 5011

	MORNING		AFTERNOON	
MONDAY	5:30am - 6:15am	POWER BAR	6:00pm - 7:00pm	CONQUER
	8:00am - 8:45am	AQUA	6:00pm - 6:45pm	ZUMBA
	9:15am - 9:45am	HIIT	6:15pm - 7:00pm	AQUA
	9:45am - 10:30am	BARRE & BOOTY		
TUESDAY	8:00am - 8:45am	FOREVER YOUNG	6:00pm - 7:00pm	YOGA
	9:15am - 10:00am	FUNCTIONAL		
WEDNESDAY	5:30am - 6:15am	FUNCTIONAL	5:15pm - 6:00pm	SPIN CIRCUIT
	8:00am - 8:45am	AQUA	6:00pm - 6:45pm	BOX FIT
	9:15am - 10:00am	ZUMBA	6:15pm - 7:00pm	AQUA
THURSDAY	8:00am - 8:45am	AQUA	6:00pm - 6:45pm	POWER BAR
	9:15am - 9:45am	HIIT	6:15pm - 7:00pm	AQUA
FRIDAY	5:30am - 6:30am	X-TRAIN	CRECHE: MONDAY - THURSDAY (9am-11am) SATURDAY (8am-10am) <i>\$3.50 per child or \$30 for 10 visits. NO booking required.</i>	
	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	8:45am - 9:15am	KICK-FIT	6:00pm - 6:45pm	AQUA BOX
TUESDAY	6:30am - 7:00am	KICK-FIT		
	9:15am - 10:00am	AQUA		
WEDNESDAY	9:30am - 10:15am	FOREVER YOUNG	5:30pm - 6:00pm	KICK-FIT
	10:30am - 11:15am	AQUA BOX	6:00pm - 6:45pm	AQUA
THURSDAY	9:15am - 10:00am	AQUA STRENGTH		
FRIDAY	8:30am - 9:15am	FOREVER YOUNG		
SATURDAY	8:00am - 8:45am	AQUA		
PLEASE NOTE:	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.