

# 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    |                   |               | 6:00pm - 6:45pm | AQUA BOX |
| 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      | 6:00pm - 6:45pm | AQUA FIT |
| THURSDAY  | 6:30am - 7:00am   | KICK-FIT      |                 |          |
|           | 9:15am - 10:00am  | AQUA STRENGTH |                 |          |
| FRIDAY    | 8:30am - 9:15am   | FOREVER YOUNG |                 |          |
| SATURDAY  | 8:00am - 8:45am   | AQUA FIT      |                 |          |