

GROUP FITNESS CLASSES TIMETABLE

Effective:
23rd December 2024

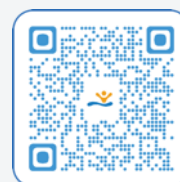
	TIME	MON 23	TUES 24	WED 25	THURS 26	FRI 27	SAT 28	SUN 29
EARLY MORNING SESSIONS	5:15am	BODY PUMP 50 min	CORE 45 min	M E R R Y C H R I S T M A S				
	6:15am	SPRINT 30 min						
MORNING SESSIONS	7:00am						GRIT CARDIO 30 min	
	8:00am						RPM 45 min	
	8:15am		TOTAL TONE 45 min				BODY PUMP 50 min	
	9:00am		BODY PUMP 45 min				DANCE 45 min	
	9:00am	SPRINT 30 min						
	10:00am		CIRCUIT 45 min				LOW IMPACT CIRCUIT 45 min	
11:00am	PRIME MOVERS 45 min	LOW IMPACT CIRCUIT 45 min						
AFTERNOON SESSIONS	5:00pm	POWER PILATES 45 min						
	5:15pm							
	6:00pm	GRIT STRENGTH 30 min						
	7:00pm	STRETCH & STRENGTH 45 min						

Consulting your physician prior to participating in any group fitness program is highly recommended.

Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line with current government restrictions.

OUR TIMETABLES
ARE ALSO ONLINE!

SCAN ME 



GROUP FITNESS CLASSES DESCRIPTIONS

Effective:
30th December 2024

	TIME	MON 30	TUES 31	WED 1	THURS 2	FRI 3	SAT 4	SUN 5
EARLY MORNING SESSIONS	5:15am			H A P P Y N E W Y E A R				
	6:15am	SPRINT 30 min						
MORNING SESSIONS	7:00am						GRIT CARDIO 30 min	
	8:00am						RPM 45 min	
							BODY PUMP 50 min	
	8:15am		TOTAL TONE 45 min			GRIT STRENGTH 30 min		
	9:00am		BODY PUMP 45 min			BODY PUMP 45 min	RPM 45 min	DANCE 45 min
		SPRINT 30 min					BODY COMBAT 45 min	
	10:00am		CIRCUIT 45 min				LOW IMPACT CIRCUIT 45 min	
11:00am	PRIME MOVERS 45 min	LOW IMPACT CIRCUIT 45 min			LOW IMPACT CIRCUIT 45 min	PILATES 45 min		
AFTERNOON SESSIONS	5:00pm	POWER PILATES 45 min						
	5:15pm							
	6:00pm	GRIT STRENGTH 30 min						
	7:00pm							

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