

COORDINATED FITNESS

GROUP TIMETABLE

GYM – 2/601 LOGAN ROAD, GREENSLOPES

Monday 8.00am – 9.00am
9.00am – 10.00am
10.00am – 11.00am
5.00pm – 6.00pm

Tuesday 5.30am – 6.30am
6.30am – 7.30am
7.30am – 8.30am
9.00am – 10.00am
10.00am – 11.00am
1.00pm – 2.00pm

Wednesday 8.00am – 9.00am
9.00am – 10.00am
10.00am – 11.00am
12.30pm – 1.30pm
4.00pm – 5.00pm
5.00pm – 6.00pm

Thursday 5.30am – 6.30am
6.30am – 7.30am
7.30am – 8.30am
9.00am – 10.00am
10.00am – 11.00am
11.00am – 12.00pm
1.00pm – 2.00pm

Friday 8.00am – 9.00am
9.00am – 10.00am
10.00am – 11.00pm
11.00am – 12.00pm

Saturday 6.30am – 7.30am
7.30am – 8.30am

POSTURAL CORRECTION

Saturday 8.30am – 9.30am

FLOOR PILATES

Monday 9.00am – 9.45am

BALANCE

Monday 10.00am – 10.45am

TYPE 2 DIABETES GROUP

Monday 11.30am – 12.30pm
5.00pm – 6.00pm

Tuesday 11.00am – 12.00pm

Friday 8.00am – 9.00am

HYDROTHERAPY – MT GRAVATT EAST AQUATIC CENTRE

Monday 11.00am – 12.00pm
12.45pm – 1.30pm

Wednesday 1.30pm – 2.15pm