

M
MARYBOROUGH
LEISURE CLUB

AUTUMN/WINTER TIMETABLE

Commencing on Monday 12th September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:15am Spin (All Levels)				6:30 - 7:15am Spin (All Levels)	8.00 - 8.45am Spin (All Levels)	
	9:30 - 10:15am Beginner Pilates	9:30 - 10:15am Gentle Flow Yoga	9:30 - 10:15am Body Tone		9:00 - 9:45am Spin (All Levels)	
10:30 - 11:15am Aqua Aerobics		10:30 - 11:15am Aqua Aerobics		10:30 - 11:15am Aqua Aerobics	10:00 - 11.00am Tai Chi	10:00 - 10:45am Full Body Tone
6:00 - 6:45pm Hatha Flow Yoga	6:30 - 7:15pm Spin (All Levels)	6:00 - 6:45pm Body Sculpt	6:00 - 6:45pm Hatha Flow Yoga			
7:00 - 7:45pm Beginners Pilates	7.30-8.15pm Tone & Tighten	7:00 - 7:45pm Pilates	7:00 - 7:45pm Beginners Yoga			
8:00 - 8:45pm Legs, Bums and Tums	8:30 - 9:30pm Meditation On-Line	8:00 - 8:45pm Pilates	8:00 - 8:45pm Pilates			

Please Note: Participants will need to bring their own exercise mats to each Class.

All Fitness Classes are complimentary for Gold Members and Corporate Members. Classes must be pre-booked, up to 1 week in advance.

If you cannot attend please contact us in advance so that we can offer a member on the waiting list an opportunity to attend. Timetable is subject to change due to demand.