

MH
MARYBOROUGH
 LEISURE CLUB

Timetable from Monday April 18th

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

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 Morning 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 - 11am Tai Chi	10:00 - 10:45am Full Body Tone
6:00 - 6:45pm Stay Strong Yoga Flow	6:30 - 7:15pm Spin (All Levels)					
7:00 - 7:45pm Let's Begin Yoga	7:30 - 8:15pm Stretching for Golf	7:00 - 7:45pm Pilates	7:00 - 7:45pm Strength and Toning			
8:00 - 8:45pm High Intensity Circuit Class	8:30 - 9:30pm Meditation On-Line	8:00 - 8:45pm Pilates	8:00 - 8:45pm Hatha Flow Yoga			

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.