

# GROUP CLASS SCHEDULE

TERM 2 2026 - 13<sup>TH</sup> APRIL - 26<sup>TH</sup> JUNE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am - 7am					Tough Mums Maroochydore	
7am - 8am						Mums & Dads Maroochydore
9.30am - 10.30am	Mums Group Class Maroochydore	Mums Group Class Buderim		Mums Group Class Maroochydore	Mums Group Class Buderim	
9.30am - 10.30am		Mums Group Class Palmwoods		Mums Group Class Palmwoods		
9.30am - 10.30am	Mums Group Class Coolum Beach		Mums Group Class Coolum Beach			
4:30pm - 5:20pm		Afternoon Session Maroochydore		Afternoon Session Maroochydore		

\***Mums Group Class Buderim** - Held at **3 Syd Lingard Drive, Buderim** - Buderim Lions Park - Mums and bubs / kids welcome to join the class.

\***Mums Group Class Maroochydore** - Held at **Lions Playground, Fishermans Road, Maroochydore**. Mums and bubs / kids welcome to join the class.

\***Mums Group Class Palmwoods** - Held at **Federation Park, Palmwoods**. Mums and bubs / kids welcome to join the class.

\***Mums Group Class Coolum** - Held at Lions And Norrie Job Park. Mums and bubs / kids welcome to join the class.

\***Tough Mums Class Maroochydore** - Take your training to the next level or train for an event. Must be signed off by the physio to join this class.

\***Mums & Dads Group** - Held at **Lions Playground, Fishermans Road, Maroochydore**. This is to take your training to the next level over an 10 week block.\*

# GROUP CLASS SCHEDULE

## HOOLIDAY TIMETABLE - 30<sup>TH</sup> MARCH - 10<sup>TH</sup> APRIL



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am - 7am					Tough Mums Maroochydore	
7am - 8am						Mums & Dads Maroochydore
9.30am - 10.30am	Mums Group Class Maroochydore	Mums Group Class Buderim	Mums Group Class Maroochydore	Mums Group Class Maroochydore	Mums Group Class Buderim	
9.30am - 10.30am		Mums Group Class Palmwoods		Mums Group Class Palmwoods		
9.30am - 10.30am	Mums Group Class Coolum Beach		Mums Group Class Coolum Beach			
4:30pm - 5:20pm		Afternoon Session Maroochydore		Afternoon Session Maroochydore		

\***Mums Group Class Buderim** - Held at **3 Syd Lingard Drive, Buderim** - Buderim Lions Park - Mums and bubs / kids welcome to join the class.

\***Mums Group Class Maroochydore** - Held at **Lions Playground, Fishermans Road, Maroochydore**. Mums and bubs / kids welcome to join the class.

\***Mums Group Class Palmwoods** - Held at **Federation Park, Palmwoods**. Mums and bubs / kids welcome to join the class.

\***Mums Group Class Coolum** - Held at Lions And Norrie Job Park. Mums and bubs / kids welcome to join the class.

\***Tough Mums Class Maroochydore** - Take your training to the next level or train for an event. Must be signed off by the physio to join this class.

\***Mums & Dads Group** - Held at **Lions Playground, Fishermans Road, Maroochydore**. This is to take your training to the next level over an 10 week block.\*

# GROUP CLASS SCHEDULE

TERM 3 2025 14<sup>TH</sup> JULY - 19<sup>TH</sup> SEPTEMBER



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am - 7am				Tough Mums Maroochydore	Tough Mums Maroochydore	
7am - 8am						Mums & Dads Maroochydore
9.30am - 10.30am	Mums Group Class Maroochydore	Mums Group Class Buderim	Mums Group Class Maroochydore	Mums Group Class Maroochydore	Mums Group Class Buderim	
9.30am - 10.30am		Mums Group Class Palmwoods		Mums Group Class Palmwoods		
9.30am - 10.30am	Mums Group Class Coolum Beach		Mums Group Class Coolum Beach		Coming Soon!!	

\***Mums Group Class Buderim** - Held at **3 Syd Lingard Drive, Buderim** - Buderim Lions Park - Mums and bubs / kids welcome to join the class.

\***Mums Group Class Maroochydore** - Held at **Lions Playground, Fishermans Road, Maroochydore**. Mums and bubs / kids welcome to join the class.

\***Mums Group Class Palmwoods** - Held at **Federation Park, Palmwoods**. Mums and bubs / kids welcome to join the class.

\***Mums Group Class Coolum** - Held at Lions And Norrie Job Park. Mums and bubs / kids welcome to join the class.

\***Tough Mums Class Maroochydore** - Take your training to the next level or train for an event. Must be signed off by the physio to join this class.

\***Mums & Dads Group** - Held at **Lions Playground, Fishermans Road, Maroochydore**. This is to take your training to the next level over an 10 week block.\*

# GROUP CLASS SCHEDULE



**TERM 4 2024 - 30TH SEPT - 13TH DECEMBER (11 WEEKS)**

**MUMS AND DADS CLASS 5TH OCTOBER - 7TH DEC (10 WEEKS)**

Time	Monday	Tuesday	Thursday	Friday	Saturday
6.00am - 6.45am				Early Risers 'Tough Mums'	
7.00am - 8.00am					Mums & Dads Social Saturday
9.30am - 10.30am	Mums & Bubs Maroochydore	Mums & Bubs Buderim	Mums & Bubs Maroochydore	Mums & Bubs Buderim	

\***Mums Group Class Buderim** - Held at **3 Syd Lingard Drive, Buderim** - Buderim Lions Park - Mums and bubs / kids welcome to join the class.

\***Mums Group Class Maroochydore** - Held at **Lions Playground, Fishermans Road, Maroochydore**. Mums and bubs / kids welcome to join the class.

\***Mums & Dads Group** - Held at **Lions Playground, Fishermans Road, Maroochydore**. This is to take your training to the next level over an 10 week block.\*

\***Early Risers** - Held at Lions Playground, Fishermans Road, Maroochydore. Bub Free session.

# GROUP & ONLINE CLASS SCHEDULE

TERM 1 2024 - 15TH JAN - 28TH MARCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:00			Virtual Session			
6:00 - 6:30		Virtual Session		Virtual Session		
7:00 - 8:00						Mums & Dads <b>'Maroochydore'</b> 8 week block - Mums and Dads
9:30 - 10:30	Mums Group Outdoor Session <b>Maroochydore</b>	Mums Group Outdoor Session <b>Buderim</b>		Mums Group Outdoor Session <b>Maroochydore</b>	Mums Group Outdoor Session <b>Buderim</b>	
10:00-10:30			Virtual Session			
11:30 -12:00					Virtual Session	
12:00 - 12:30	Virtual Session	Virtual Session	Virtual Session	Virtual Session	Virtual Session	

# GROUP CLASS SCHEDULE

TERM 1 2024 - 15TH JAN - 28TH MARCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:00						
6:00 - 6:30						
7:00 - 8:00						Mums & Dads <b>'Maroochydore'</b> 8 week block - Mums and Dads
9:30 - 10:30	Mums Group Outdoor Session <b>Maroochydore</b>	Mums Group Outdoor Session <b>Buderim</b>	Mums Strength Indoor Session <b>Buderim</b>	Mums Group Outdoor Session <b>Maroochydore</b>	Mums Group Outdoor Session <b>Buderim</b>	
10:00-10:30						
11:30 -12:00						
12:30 - 1:15			Mums Strength Indoor Session <b>Buderim</b>			

# ONLINE SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:00am			Virtual Session		
6:00 - 6:30 am		?		?	
9:30 - 10:00			Virtual Session		
11:30 - 12:00					
12:00 - 12:30	Virtual Session	Virtual Session	Virtual Session	Virtual Session	?

\***VIRTUAL CLASSES** - ALL OF OUR SESSIONS ARE FULL BODY FOR 30 MINUTES IN DURATION INCLUDING A VARIETY OF MOBILISATIONS, CORE STABILITY, FUNCTIONAL STRENGTH AND CARDIO.

\***Mums Group Class Buderim** - Held at 3 Syd Lingard Drive, Buderim - Buderim Lions Park Mums and bubs / kids welcome to join the class. We offer classes for every level of fitness and stage of motherhood.

\***Mums Group Maroochydore** - Held at Lions Playground, Fishermans Road, Maroochydore. Mums and bubs / kids welcome to join the class. We offer classes for every level of fitness and stage of motherhood.

\***Mums & Dads** - Held at Lions Playground, Fishermans Road, Maroochydore. This is to take your training to the next level over an 8 week block. This is for you if you are ready to take your training to the next level.

\***Virtual Classes** - All of our sessions are full body for 30 minutes in duration including a variety of mobilisations, core stability, functional strength and cardio.

\***Mums Group Class Buderim** - Held at 3 Syd Lingard Drive, Buderim - Buderim Lions Park - Mums and bubs / kids welcome to join the class. We offer classes for every level of fitness and stage of motherhood.

\***Mums Group Maroochydore** - Held at Lions Playground, Fishermans Road, Maroochydore. Mums and bubs / kids welcome to join the class. We offer classes for every level of fitness and stage of motherhood.

\***Level Up** - Held at Lions Playground, Fishermans Road, Maroochydore. This is to take your training to the next level over an 8 week block with a max of 8 clients. This is for you if you are ready to take your training to the next level.

\***Virtual Classes** - All of our sessions are full body for 30 minutes in duration including a variety of mobilisations, core stability, functional strength and cardio.

