






GROUP FITNESS TIMETABLE

	MON	TUES	WED	THUR	FRI
9.30 AM					 Narangba Community Centre Bring a Yoga mat
6.15 PM	BOXING  Narangba Community Centre Limited spaces. Pre book				
7.00 PM	 Narangba Community Centre Bring a Yoga mat	 Undurba State School	 Narangba Community Centre Bring a Yoga mat		

NARANGBA COMMUNITY CENTRE
227 Mackie Road
Narangba, QLD 4504

UNDURBA STATE SCHOOL
45 Ogg Road
Murrumba Downs, QLD 4503



REPLENISH YOUR LIFE
FITNESS & WELLNESS STUDIO



Dance, stretch & find your true flow like nothing you have ever experienced. Stretch and train your mind to the rhythm of music. VeraFlow is just what you need to feel completely relaxed and content.

1 HOUR CLASS



PARTY YOURSELF INTO SHAPE! The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party is fun, easy to learn and a great way to keep fit!

1 HOUR CLASS



STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

1 HOUR CLASS



High intensity interval training with a “strength” focus, it’s short and sharp. 30 mins of functional fitness using a combination of weights based exercises in a small group class. All levels of fitness are welcome. “Strength” options for all included.

30 MIN EXPRESS CLASS



Group Boxing will deliver a lean, strong, fit body with tons of fun for those wanting to get in there and get sweaty! A great workout for ALL FITNESS LEVELS!

30 MIN EXPRESS CLASS

0415 328 261

**www.replenishyourlife.com.au
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