

# Time to Move

Mon 1 March

## Getting Started...

1. Enter your details in the FREE lucky door prize draw
2. Purchase raffle tickets for \$2. Raffle will be drawn at 4:30pm on Friday 5 March (you do not need to be present)
3. Plan your day using the timetable on the reverse of this page or just wander around and discover Logan for yourself
4. Food will be available for purchase throughout the day.
5. Enjoy!!



Logan Women's Health  
and Wellbeing Centre



# What's On?

	1	2	3	4	5
9am - 10am			Heart Foundation Personal Training Consultations Logan Indoor Metro Sports Centre	Social Space	Health Checks and Personal Training
10am - 11am	Yoga 9.15 - 10.15				
11am - 12am	Belly Dancing				
12am - 1pm	Self Defence 11.45 - 12.45	Lung Workout			
1pm - 2pm	Maori Dance				
	Fitness Class				
2pm - 3pm					
3pm - 4pm	Dance Like No One's Watching				
4pm - 5pm	Fitness Class				
5pm - 6pm					
6pm - 7pm		Hawaiian Dance			
	Belly Dancing (from 7pm)				

