

GROUP CLASS SCHEDULE

TERM 1 2025 20TH JAN - 4TH APRIL (11 WEEKS)

(MUMS AND DADS CLASS 18TH JAN - 29TH MARCH)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 7am		*NEW* Tough Mums Maroochydore		*NEW* Tough Mums Maroochydore	*NEW* Tough Mums Maroochydore	
7.45am - 8.45am			Mums Group Class 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		

***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.

***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.*