

GROUP FITNESS TIMETABLE

EFFECTIVE 21 MARCH 2022

Cardinia
Life

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	BOXING	V CX WORX	V LM BARRE	HIIT STRENGTH	V BODY PUMP		
7:00am	V BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT		
8:00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V CX WORX	STRONG MOVERS	8:15AM V BODY BALANCE	8:15AM V BODY BALANCE
9:30am	PILATES	BODY PUMP		BODY PUMP	PILATES	V BODY PUMP	V BODY COMBAT
10:45am		YOGA		V BODY BALANCE	TAI CHI	V CX WORX	V BODY PUMP
4:00pm	V LM BARRE	V BODY COMBAT		V CX WORX	V BODY PUMP	V BODY COMBAT	V LM BARRE
5:30pm	V CX WORX	V LM BARRE	V CX WORX	V BODY COMBAT	V CX WORX	V BODY PUMP	V BODY BALANCE
6:30pm	V BODY PUMP	BODY COMBAT	YOGA	V BODY PUMP	V LM BARRE		
7:30pm	BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY BALANCE	V BODY COMBAT		

KEY: **LIVE** **VIRTUAL**

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
7:00am	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		
8:00am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	8.15am COACH BY COLOUR	8:15am V RPM
9:30am	RPM	V SPRINT	RPM	V SPRINT	RPM	V RPM	V RPM
10:45am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V SPRINT	V SPRINT
1:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM
4:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM
6:00pm	RPM	V RPM	RPM	V RPM	V RPM	V SPRINT	V SPRINT
7:30pm	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		

KEY: **LIVE** **VIRTUAL**



Managed in partnership



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Pakenham VIC 3810

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facebook.com/cardinialife

OPENING HOURS

Weekdays 5.30am-10pm
Weekends 8am-7pm
Gym open 24/7

Closed Good Friday and Christmas Day

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AQUA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA WORKOUT	
9:15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
12:45pm		GENTLE AQUA	GENTLE AQUA	GENTLE AQUA			
7:30pm	8pm AQUA WORKOUT	AQUA WORKOUT	8pm AQUA WORKOUT	AQUA WORKOUT			

KEY: 25M POOL PROGRAM POOL

GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS



Pack your workout towel and drink bottle.



Please wipe down your equipment after use.



Remember to arrive no earlier than 5 minutes before the listed class time.

For health & safety reasons if you arrive later than the class start time you will not be permitted to enter the class.