

# GROUP FITNESS TIMETABLE

EFFECTIVE 6TH JULY 2022

Cardinia  
Life

## GROUP FITNESS STUDIO

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

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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.