


GROUP FITNESS

TIMETABLE WEEK 1 - 19th-25th Dec 2022

GROUP FITNESS STUDIO							
TIME	MON 19/12	TUES 20/12	WED 21/12	THUR 22/12	FRI 23/12	SAT 24/12	SUN 25/12
5:45am	V BODY PUMP	V CX WORX	V LM BARRE	V CORE 45	V BODY PUMP	CHRISTMAS EVE	CHRISTMAS DAY
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	
9:30am	PILATES	STRENGTH & POWER		BODY PUMP	PILATES	V BODY PUMP	
10:45am		V BODY BALANCE		V BODY BALANCE	TAI CHI	V CX WORX	
4:00pm	V LM BARRE	V BODY COMBAT		V CX WORX	V BODY PUMP	V BODY COMBAT	
5:30pm	V CX WORX	V LM BARRE	V CX WORX	V BODY COMBAT	V CX WORX		
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	MON 19/12	TUES 20/12	WED 21/12	THUR 22/12	FRI 23/12	SAT 24/12	SUN 25/12
6:00am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	CHRISTMAS EVE	CHRISTMAS DAY
7:00am	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		
8:00am		V RPM	V SPRINT	V RPM	V SPRINT		
9:30am	RPM	V SPRINT	RPM	V SPRINT	RPM	V RPM	
10:45am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V SPRINT	
1:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	
4:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	
6:00pm	RPM	V RPM	V RPM	V RPM	V RPM	V SPRINT	
7:30pm	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		

KEY: LIVE VIRTUAL



GROUP FITNESS TIMETABLE WEEK 1. 19th -25th Dec 2022

AQUA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	 AQUA EXTRAVIGANZA!	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	CHRISTMAS EVE	CHRISTMAS DAY
9:15am	AQUA EXTRAVIGANZA!		AQUA MOVERS		AQUA MOVERS		
12:30pm		12.30PM GENTLE AQUA	12.30PM GENTLE AQUA	12.30PM GENTLE AQUA			
7:30pm	8PM AQUA WORKOUT	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.

GROUP FITNESS


TIMETABLE WEEK 2. 26th Dec - 1st Jan 2023

GROUP FITNESS STUDIO

TIME	MON 26/12	TUES 27/12	WED 28/12	THUR 29/12	FRI 30/12	SAT 31/12	SUN 01/01
5:45am	BOXING DAY	V CX WORX	V LM BARRE	V CORE 45	V BODY PUMP	NEW YEARS EVE	NEW YEARS DAY
7:00am		V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT		
8:00am	V BODY PUMP	V BODY BALANCE	STRONG MOVERS	V CX WORX	STRONG MOVERS	8.15AM V BODY BALANCE	8.15AM V CX WORX
9:30am	V BODY BALANCE	V BODY PUMP		BODY PUMP	PILATES	V BODY PUMP	V BODY PUMP
10:45am	V CX WORX	V BODY BALANCE		V BODY BALANCE	TAI CHI	V CX WORX	V LM BARRE
4:00pm	V LM BARRE	V BODY COMBAT		V CX WORX	V BODY PUMP	V BODY COMBAT	V BODY COMBAT
5:30pm		V LM BARRE	V CX WORX	V BODY COMBAT	V CX WORX		
6:30pm		V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V LM BARRE		
7:30pm		V BODY PUMP	V BODY COMBAT	V BODY BALANCE	V BODY COMBAT		

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

CYCLE STUDIO

TIME	MON 26/12	TUES 27/12	WED 28/12	THUR 29/12	FRI 30/12	SAT 31/12	SUN 01/01
6:00am	BOXING DAY		V SPRINT	V RPM		NEW YEARS EVE	NEW YEARS DAY
7:00am			V RPM	V SPRINT	V RPM		
8:00am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
9:30am	V RPM	V SPRINT	V RPM	V SPRINT	RPM	V RPM	
10:45am	V SPRINT	V SPRINT	V SPRINT	V RPM	V SPRINT	V SPRINT	
1:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	
4:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V SPRINT	
6:00pm	V RPM	V RPM	V RPM	V RPM	V RPM		
7:30pm		V SPRINT	V SPRINT	V SPRINT	V SPRINT		

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



Managed in partnership



4-6 Olympic Way
Pakenham VIC 3810

5945 2888 cardinaleisure.com.au
facebook.com/cardinialife

OPENING HOURS

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

Closed Good Friday and Christmas Day


GROUP FITNESS

TIMETABLE WEEK 2: 26th Dec - 1st Jan 2023

AQUA							
TIME	MON 26/12	TUE 27/12	WED 28/12	THUR 29/12	FRI 30/12	SAT 31/12	SUN 01/01
8:30am	BOXING DAY		8.30AM AQUA MOVERS	8.30AM AQUA MOVERS	8.30AM AQUA MOVERS	NEW YEARS EVE	NEW YEARS DAY
9:15am							
12:45pm							
7:30pm							

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.

GROUP FITNESS

TIMETABLE WEEK 3. 2nd - 8th Jan 2023

GROUP FITNESS STUDIO							
TIME	MON 02/01	TUES 03/01	WED 04/01	THUR 05/01	FRI 06/01	SAT 07/01	SUN 08/01
5:45am		V CX WORX	V LM BARRE	V CORE 45	V BODY PUMP		
7:00am		V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT		
8:00am	V BODY PUMP	V BODY BALANCE	STRONG MOVERS	V CX WORX	STRONG MOVERS	V BODY BALANCE	V CX WORX
9:30am	V BODY BALANCE	V BODY PUMP		BODY PUMP	PILATES	V BODY PUMP	V BODY PUMP
10:45am	V CX WORX	V BODY BALANCE		V BODY BALANCE	TAI CHI	V CX WORX	V LM BARRE
4:00pm	V LM BARRE	V BODY COMBAT		V CX WORX	V BODY PUMP	V BODY COMBAT	V BODY COMBAT
5:30pm		V LM BARRE	V CX WORX	V BODY COMBAT	V CX WORX		
6:30pm		V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V LM BARRE		
7:30pm		V BODY PUMP	V BODY COMBAT	V BODY BALANCE	V BODY COMBAT		

KEY: LIVE VIRTUAL

CYCLE STUDIO							
TIME	MON 02/01	TUES 03/01	WED 04/01	THUR 05/01	FRI 06/01	SAT 07/01	SUN 08/01
6:00am		V RPM	V SPRINT	V RPM			
7:00am		V SPRINT	V RPM	V SPRINT	V RPM		
8:00am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
9:30am	V RPM	V SPRINT	CBC CYLE	V SPRINT	RPM	V RPM	V RPM
10:45am	V SPRINT	V SPRINT	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 SPRINT	V SPRINT
6:00pm	V RPM	V RPM	V RPM	V RPM	V RPM		
7:30pm		V SPRINT	V SPRINT	V SPRINT	V SPRINT		

KEY: LIVE VIRTUAL


GROUP FITNESS

TIMETABLE WEEK 3: 2nd - 8th Jan 2023

AQUA							
TIME	MON 02/01	TUES 03/01	WED 04/01	THUR 05/01	FRI 06/01	SAT 07/01	SUN 08/01
8:30am		8.30AM AQUA MOVERS	8.30AM AQUA MOVERS	8.30AM AQUA MOVERS	8.30AM AQUA MOVERS	AQUA WORKOUT	
9:15am							
12:30pm				12.30PM GENTLE AQUA			
7:30pm							

KEY: 25M POOL PROGRAM POOL


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