

Australia Day

Group Fitness Thursday 26th Jan 2023

Group Fitness Studio

7.00am Virtual Body Pump

8.00am Virtual Core

9.30am Virtual Body Pump

10:45am Virtual Body Balance

4:00pm Virtual Core

5:30pm Body Combat

Cycle Studio

7.00am Virtual RPM

8.00am Virtual Sprint

9.30am Virtual Sprint

10.45am Virtual RPM

1.30pm Virtual RPM

4.30pm Virtual Sprint

6.00pm Sprint

Aqua

8:15am Aqua Movers

12:45pm Gentle Aqua

Centre Hours
8:00am - 7:00pm

Cardinia
Life