

# GROUP FITNESS TIMETABLE

Effective January 23, 2023

Cardinia  
Life

GROUP FITNESS STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	HUSTLE	V CORE	HUSTLE	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 CORE
9:30am	PILATES	CIRCUIT	HUSTLE	BODY PUMP	PILATES	V BODY PUMP	V BODY PUMP
10:45am	11am Mums&Bubs	V BODY BALANCE	11am Mums&Bubs	V BODY BALANCE	TAI CHI	V CORE	V LM BARRE
4:00pm	V LM BARRE	V BODY COMBAT	V BODY PUMP	V CORE	V BODY BALANCE	V BODY COMBAT	V BODY COMBAT
5:30pm	V CORE	V LM BARRE	V CORE	V BODY COMBAT	V BODY PUMP	V BODY BALANCE	V CORE 45
6:30pm	V BODY PUMP	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V CORE		
7:30pm	V BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY BALANCE	V LM BARRE		

KEY: LIVE VIRTUAL

CYCLE STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	V SPRINT	SPRINT	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 V RPM	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 SPRINT	V SPRINT
6:00pm	V RPM	V RPM	V RPM	SPRINT	V SPRINT	V RPM	V RPM
7:30pm	V RPM	V SPRINT	V SPRINT	V SPRINT	V SPRINT		

KEY: LIVE VIRTUAL



\*\* Mums and Bubs Classes -  
not included in Membership  
and run only during the school term\*\*

# GROUP FITNESS TIMETABLE

Effective January 23, 2023

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		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.