

Centre hours 1pm-7pm

Virtual Group Fitness classes

1.30pm V Body Pump

1.30pm

V Sprint

2.30pm

V Body Balance

2.30pm

V RPM

4.00pm

V Body Combat

4.30pm

V Sprint

5.30pm

V LM Barre

6.00pm

V RPM

Collect class ticket at reception!

Cardinia Life