

# Easter Saturday

## Group Fitness Sat 8th April 2023

### Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual CX Core

4.00pm Virtual Body Combat

### Cycle Studio

8.15am Coach by Colour

9.30am Virtual RPM

10.45am Virtual Sprint

1.30pm Virtual RPM

4.30pm Virtual RPM

6.00pm Virtual Sprint

Centre Hours  
8:00am - 7:00pm

Cardinia  
Life





# Easter Sunday

## Group Fitness Sunday 9th April 2023

### Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Combat

10.45am Virtual Body Pump

4.00pm Virtual Barre

5:30pm Virtual Body Balance

### Cycle Studio

8.15am Virtual RPM

9.30am Virtual RPM

10.45am Virtual Sprint

1.30pm Virtual RPM

4.30pm Virtual RPM

6.00pm Virtual Sprint

**Centre Hours**  
8:00am - 7:00pm

**Cardinia**  
Life



# Easter Monday

## Group Fitness Mon 10th April 2023

### Group Fitness Studio

8.00am	Virtual CX Worx
9.00am	Virtual Body Balance
10.45am	Virtual Body Pump
4.00pm	Virtual Barre
5.30pm	Virtual CX Worx
6.00pm	Virtual Body Pump (45min)

### Cycle Studio

8.00am	Virtual Sprint
9.30am	Virtual RPM
10.45am	Virtual Sprint
1.30pm	Virtual Sprint
4.30pm	Virtual RPM
6.00pm	Virtual RPM

### Aqua

8:15am	Aqua Movers
9.15am	Aqua Movers

**Centre Hours**  
**8:00am - 7:00pm**

**Cardinia**  
**Life**