

# GROUP FITNESS TIMETABLE

Effective November 16th, 2023

Cardinia  
Life

GROUP FITNESS STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	HUSTLE	V CORE	V BODY BALANCE	HUSTLE	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 BODY BALANCE	STRONG MOVERS	8:15AM V BODY BALANCE	8:15AM BODY BALANCE
9:30am	PILATES	HIIT CIRCUIT	<b>NEW</b> STRENGTH & CARDIO	<b>NEW</b> STRETCH & RELEASE	PILATES	V BODY PUMP	V BODY PUMP
10:45am	V BODY PUMP	V BODY BALANCE	MUMS&BUBS 11am	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 6:00PM	BODY BALANCE		V CORE		
7:30pm	V BODY BALANCE	V CORE	PILATES		V LM BARRE		

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

CYCLE STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	V SPRINT	V 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 CBC	8:15AM V RPM
9:30am	RPM	V SPRINT	CBC	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	V 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 November 16th, 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		<sup>12:30</sup> GENTLE AQUA	GENTLE AQUA	GENTLE AQUA			
1.30pm		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.