

Melbourne Cup Day

Public Holiday *Group Fitness Timetable*
Tue 7 Nov 2023



Centre hours
8am-7pm

Group Fitness classes

8.15am

AQUA

12:45PM

GENTLE AQUA

Virtual Fitness classes

10.45am

V BODY BALANCE

4.00pm

V BODY COMBAT

5.30pm

V BARRE

6.00pm

V BODY COMBAT

Virtual Cycle classes

10.45am

V RPM

1.30pm

V RPM

4.30pm

V RPM

6.00pm

V RPM

Collect class ticket at reception!

**Cardinia
Life**