

GROUP FITNESS TIMETABLE

Effective January 29th, 2024

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	STRENGTH	STRETCH & RELEASE	PILATES	V BODY PUMP	V BODY PUMP
10:45am	^{7AM} Mums & Bubs*	V BODY BALANCE	V BODY BALANCE	V BODY BALANCE	TAI CHI	V CORE	V LM BARRE
1:30pm	V BODY COMBAT	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT	V PUMP	V BODY BALANCE
4:00pm	V LM BARRE	V BODY COMBAT	V BODY PUMP	V CORE	V BODY PUMP	V BODY COMBAT	V BODY COMBAT
5:30pm	V CORE	V LM BARRE	V CORE	V BODY COMBAT	V BODY BALANCE	V BODY BALANCE	V CORE 45
6:30pm	V BODY PUMP	V BODY COMBAT 6:00PM	BODY BALANCE	V BODY PUMP	V CORE		
7:30pm	V BODY BALANCE	V CORE	PILATES	V CORE	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 RPM	8:15AM V RPM
9:30am	RPM	V SPRINT	V RPM	V SPRINT	V 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 January 29th, 2024

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		^{12:30} 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.