## GROUP FITNESS TIMESS

Effective January 29th, 2024

## Cardinia Life

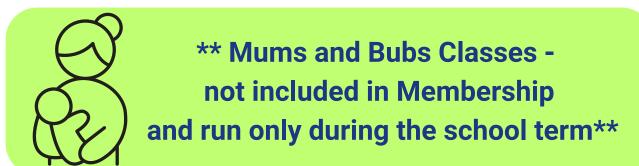
GROUP FITNESS STUDIO								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00am	HUSTLE	V CORE	V BODY BALANCE	HUSTLE	V BODY PUMP			
7:00am	V BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT			
8:00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	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	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
<b>4:30pm</b>	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** 



## GROUP FITNESS TIMETABLE

Effective January 29th, 2024

AQUA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:15am</b>	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA WORKOUT	
9:15am	AQUA MOVERS	10	AQUA MOVERS		AQUA MOVERS		
<b>12:45pm</b>	•	12:30 Gentle Aqua	GENTLE AQUA	GENTLE AQUA			
<b>1.30pm</b>		GENTLE AQUA					
7:30pm		AQUA WORKOUT		AQUA WORKOUT	KEY:	25M P00L	PROGRAM POOL

## GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS







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.