

# LABOUR DAY

Group Fitness Timetable - Mon 11 March 24

## Group Fitness Studio

8:15am

Coach Stacey

**Strong Movers**

9:30am

Coach Alex

**Pilates**

10:45am

**V Body Pump**

4:00pm

**V Barre**

5:30pm

**V Core**

## Cycle Studio

8:15am

**V RPM**

9:30am

Coach Janine

**RPM**

10:45am

**V Sprint**

1:30pm

**V Sprint**

4:30pm

**V Sprint**

6:00pm

**V RPM**

## Aqua

8:15am

Coach Bec

**AQUA MOVERS**

9:15am

Coach Bec

**AQUA MOVERS**

**Centre Hours**

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

**Cardinia  
Life**