



# Easter Saturday



## Group Fitness Sat 30th March 2024

### Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual Core 45min

1.30pm Virtual Body Pump

4.00pm Virtual Body Combat

5.30pm Virtual Body Balance

### Cycle Studio

8.15am RPM - Coach Sam

9.30am Virtual RPM

10.45am Virtual Sprint

1.30pm Virtual RPM

4.30pm Virtual Sprint

6.00pm Virtual RPM

### AQUA

8.15am AQUA Movers - Coach Mel

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

**Cardinia**  
**Life**



# Easter Sunday



## Group Fitness Sunday 31st March 2024

### Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual LM Barre

1.30pm Virtual Body Balance

4:00pm Virtual Body Combat

5:30pm Virtual Core 45min

### Cycle Studio

8.15am Virtual RPM

9.30am Virtual RPM

10.45am Virtual Sprint

1.30pm Virtual RPM

4.30pm Virtual Sprint

6.00pm Virtual RPM

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

**Cardinia**  
**Life**



# Easter Monday



## Group Fitness Mon 1st April 2024

### Group Fitness Studio

8.15am Strong Movers - Stacey

9.30am Virtual Body Balance

10.45am Virtual Body Combat

1.30pm Virtual Body Pump

4:00pm Virtual Core 45min

5.30pm Virtual Body Balance

### Cycle Studio

8.15am Virtual Sprint

9.30am RPM - Coach Sam

10.45am Virtual Sprint

1.30pm Virtual Sprint

4.30pm Virtual Sprint

6.00pm Virtual RPM

### Aqua

8:15am Aqua Movers - Coach Bec

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

**Cardinia**  
**Life**