GROUP FITNESS TIMESS

Effective Friday May 17th, 2024

Cardinia Life

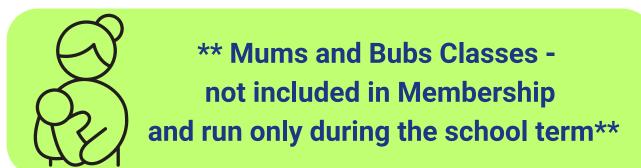
GROUP FITNESS STUDIO								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00am	HUSTLE	V CORE	V BODY BALANCE	HUSTLE	V BODY PUMP			
7:00am	V BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT			
8:00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	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	
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



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AQUA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS		AQUA WORKOUT	
9:15am		-10	AQUA MOVERS				
12:45pm	•	12:30 Gentle Aqua		GENTLE AQUA			
1.30pm		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.