



# Kings Birthday

Group Fitness Timetable Mon 10 June 2024

## Group Fitness Studio

8.15am Virtual Body Pump

9.30am Virtual Body Balance

10.45am **NEW** Virtual GRIT Cardio 

1.30pm Virtual Body Pump

4.00pm **NEW** Virtual Body Attack

5.00pm **NEW** Virtual Body Balance 

5.30pm **NEW** Virtual Body Attack

## Cycle Studio

8.15am **NEW** RPM - Beginner

9.30am Virtual RPM

10.45am Virtual Sprint 

11.30am **NEW** Virtual The Trip 

12.30pm Virtual Sprint 

4.30pm **NEW** Virtual The Trip 

5.30pm Virtual RPM

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

**Cardinia**  
Life

**Collect your class ticket at reception!**