

# Melbourne Cup Day

Public Holiday *Group Fitness Timetable*  
Tue 5 Nov 2024



**Centre hours**  
**8am-7pm**

## Group Fitness classes

8.15am

AQUA

12:30pm

GENTLE AQUA

## Virtual Fitness classes

8.15am

V BODY BALANCE

9.30am

V BODY PUMP

10.45am

V BODY BALANCE

12.30pm

V BODY COMBAT

4.30pm

V BODY COMBAT

5.30pm

V CORE

## Virtual Cycle classes

8.15am

V SPRINT

9.30am

V THE TRIP

10.45am

V RPM

11.30am

V SPRINT

12.30pm

V RPM

4.30pm

V THE TRIP

5.30pm

V RPM

**Collect class ticket at reception!**

**Cardinia**  
Life