

AUSTRALIA DAY

Public Holiday Group Fitness Timetable Mon 27 Jan 2025

*Centre hours
8am-7pm*

Aqua classes

8.15am

AQUA MOVERS WITH BEC

Group Fitness classes

8.15am

V DANCE

9.30am

PILATES WITH MELINDA

10.45am

V BODY PUMP

12.30pm

V BODY BALANCE

5.30pm

V BODY ATTACK

Cycle classes

8.15am

V RPM

9.30am

V RPM

10.45am

V SPRINT

11.30am

V RPM

5.00pm

V SPRINT

Collect class ticket at reception!

**Cardinia
Life**