



Easter Saturday

Group Fitness Sat 19th April 2025



Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual Core

11.45am Virtual Body Pump

5.30pm Virtual Dance

Cycle Studio

8.15am Virtual RPM

9.30am Virtual Sprint

10.45am Virtual The Trip

11.45am Virtual Sprint

5.00pm Virtual RPM

AQUA

8.15am AQUA Movers - Carolyn

Centre Hours
8:00am - 7:00pm

*Note - no Relentless Class running

Collect class ticket at reception!

Cardinia
Life



Easter Sunday



Group Fitness Sunday 20th April 2025

Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual Core

11.45am Virtual Body Attack

5:30pm Virtual Body Balance

Cycle Studio

8.15am Virtual Sprint

9.30am Virtual RPM

10.45am Virtual RPM

11.45am Virtual Sprint

5.00pm Virtual The Trip

Centre Hours
8:00am - 7:00pm

*Note - no Relentless Class running

Collect class ticket at reception!

**Cardinia
Life**



Easter Monday



Group Fitness Mon 21st April 2025

Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Core

10.45am Virtual Body Pump

11.45am Virtual Body Combat

5:00pm Virtual Body Attack

Cycle Studio

8.15am Virtual RPM

9.30am Virtual RPM

10.45am Virtual Sprint

11.45am Virtual The Trip

5.00pm Virtual Sprint

Aqua

8:15am Aqua Movers - Coach Bec

9:15am Aqua Movers - Coach Bec

Centre Hours
8:00am - 7:00pm

*Note - no Relentless Class running

Collect class ticket at reception!

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Life**