



# 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 - Donna

**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

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

\*Note - no Relentless Class running

**Collect class ticket at reception!**

**Cardinia  
Life**