

Easter Saturday Group Fitness Sat 19th April 2025

Group Fitness Studio		Cycle Studio			AQUA	
1000						
8.15am	Virtual Body Balance	8.15am	Virtual RPM	8.15am	AQUA Movers - Carolyn	
9.30am	Virtual Body Pump	9.30am	Virtual Sprint	Centre	e Hours	
10.45am	Virtual Core	10.45am	Virtual The Trip	8:00a	m - 7:00pm	
11.45am	Virtual Body Pump	11.45am	Virtual Sprint			
5.30pm	Virtual Dance	5.00pm	Virtual RPM			
P	elentless Class running					
Col	llect class ticket		Cardinia Life			
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Group Fitness Sunday 20th April 2025



Collect class ticket at reception!

Cardinia Life



Group Fitness Mon 21st April 2025

up Fitness Studio	Cycle Studio			Aqua	
Virtual Body Balance	8.15am	Virtual RPM	8:15am	Aqua Movers - Coach Bec	
Virtual Core	9.30am	Virtual RPM	9:15am	Aqua Movers - Coach Bec	
Virtual Body Pump	10.45am	Virtual Sprint	Centre		
Virtual Body Combat	11.45am	Virtual The Trip	8:00clm) - <mark>7</mark> ;00pm	
Virtual Body Attack	5.00pm	Virtual Sprint			
elentless Class running					
Collect class ticket at reception!					
	Virtual Body Balance Virtual Core Virtual Body Pump Virtual Body Combat Virtual Body Attack elentless Class running	Virtual Body Balance8.15amVirtual Core9.30amVirtual Body Pump10.45amVirtual Body Combat11.45amVirtual Body Attack5.00pmStentless Class running9.00pm	Virtual Body Balance8.15amVirtual RPMVirtual Core9.30amVirtual RPMVirtual Body Pump10.45amVirtual SprintVirtual Body Combat11.45amVirtual The TripVirtual Body Attack5.00pmVirtual Sprint	Virtual Body Balance8.15amVirtual RPM8:15amVirtual Core9.30amVirtual RPM9:15amVirtual Body Pump10.45amVirtual SprintCentre 8:00cmVirtual Body Combat11.45amVirtual The TripVirtual Body Attack5.00pmVirtual Sprint	