



KINGS BIRTHDAY

Public Holiday Group Fitness Timetable
Mon 9th June 2025 *Centre hours: 8am-7pm*

Aqua classes

8.15am

AQUA MOVERS

9.15am

AQUA MOVERS

Group Fitness classes

8.15am

V BODY BALANCE

9.30am

V CORE

10.45am

V BODY PUMP

12.30pm

V DANCE

5.00pm

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

*Note - No Relentless classes running

Collect class ticket at reception!

Cardinia
Life