

Melbourne Cup Day

Public Holiday *Group Fitness Timetable*
Tue 4 Nov 2025



Centre hours
8am-7pm

Group Fitness classes

8.15am

AQUA

8.15am

REFORMER PILATES

9.30am

BODY STEP

1.30pm

GENTLE AQUA

No Relentless Class

Virtual Fitness classes

8.15am

V BODY COMBAT

10.45am

V BODY BALANCE

12.15pm

V GRIT

4.30pm

V CORE

5.30pm

V BODY PUMP

Virtual Cycle classes

9.30am

V RPM

10.45am

V THE TRIP

11.45am

V SPRINT

12.30pm

V RPM

4.30pm

V RPM

5.30pm

V RPM

Cardinia
Life