

LABOUR DAY

Public Holiday Group Fitness Timetable Mon 09 Mar 2026

Centre hours
8am-7pm

Live Classes

8.15am

AQUA MOVERS

9.15am

AQUA MOVERS

9.30am

REFORMER PILATES

Virtual Group Fitness Classes

8.15am

V BODY BALANCE

9.30am

V DANCE

10.45am

V BODY PUMP

12.15pm

V BODY BALANCE

5.00pm

V BODY ATTACK

6.00pm

V BODY PUMP

*Note - No Relentless classes running

Virtual Cycle Classes

8.15am

V SPRINT

10.45am

V RPM

11.45am

V SPRINT

4.30pm

V SPRINT

5.30pm

V RPM

Book online or at reception!

**Cardinia
Life**