



Easter Saturday

Group Fitness Sat 4th April 2026



Virtual Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual Core

12.15pm Virtual Body Combat

5.30pm Virtual Dance

Virtual Cycle Studio

9.30am Virtual RPM

10.45am Virtual Sprint

11.45am Virtual The Trip

4.30pm Virtual Sprint

5.00pm Virtual RPM

Live Classes

8.15am [AQUA Movers](#)

8.15am [Reformer Pilates](#)

Centre Hours
8:00am - 7:00pm

Book online or at reception!

Cardinia
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Easter Sunday



Group Fitness Sunday 5th April 2026

Virtual Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Body Pump

10.45am Virtual Core

12.15pm Virtual Dance

5:30pm Virtual Body Balance

Virtual Cycle Studio

8.15am Virtual Sprint

9.30am Virtual RPM

10.45am Virtual RPM

11.45am Virtual Sprint

4.30pm Virtual RPM

5.00pm Virtual The TRIP

Centre Hours
8:00am - 7:00pm

Book online or at reception!

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Easter Monday



Group Fitness Mon 6th April 2026

Virtual Group Fitness Studio

8.15am Virtual Body Balance

9.30am Virtual Dance

10.45am Virtual Body Pump

12.15pm Virtual Body Balance

5:00pm Virtual Body Attack

6:00pm Virtual Body Pump

Virtual Cycle Studio

9.30am Virtual RPM

10.45am Virtual RPM

11.45am Virtual Sprint

4.30pm Virtual Sprint

5.30pm Virtual RPM

Live Classes

8:15am Reformer Pilates

8:15am Aqua Movers

9:15am Aqua Movers

Centre Hours
8:00am - 7:00pm

*Note - no Relentless Classes running

Book online or at reception!

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