



KINGS BIRTHDAY

Public Holiday Group Fitness Timetable
Mon 8th June 2026 *Centre hours: 8am-7pm*

Live Classes

8.15am

REFORMER PILATES

8.15am

AQUA MOVERS

9.15am

AQUA MOVERS

Virtual 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

6.00pm

V BODY PUMP

Virtual Cycle Classes

9.30am

V RPM

10.45am

V SPRINT

11.45am

V RPM

4.30pm

V SPRINT

5.30pm

V RPM

*Note - No Relentless classes running

Book Online or at Reception!

**Cardinia
Life**