

Melbourne Cup Day

Public Holiday *Group Fitness Timetable*
Tue 3 Nov 2026



Centre hours
8am-7pm

Live Group Fitness classes

8.15am

AQUA Movers

9.30am

RPM

Virtual Fitness classes

8.15am

V BODY BALANCE

9.30am

V BODY COMBAT

10.45am

V BODY BALANCE

12.15pm

V GRIT

4.30pm

V BODY PUMP

5.30pm

V CORE

Virtual Cycle classes

10.45am

V THE TRIP

11.45am

V SPRINT

12.30pm

V RPM

4.30pm

V RPM

5.30pm

V RPM

Book online or at Reception

Cardinia
Life