



Cardinia

Labour Day Public Holiday

Monday 11th March
Centre Open
8.00am - 7.00pm



Group Fitness Classes

8.15am Aqua Movers **9.15am Aqua movers**
9.30am RPM **10.45am Barre**

Cycle Studio Virtual Classes	Group Fitness Studio Virtual Classes
8.15am Virtual RPM	8.15am Virtual CX Worx
	9.00am Virtual Body Pump (E)
9.30am RPM	9.30am Virtual Sh'Bam
10.45am Virtual RPM	10.45am Barre
11.45pm Virtual RPM (E)	12pm Virtual CX Worx
12.30pm Virtual RPM	1.00pm Virtual Body Pump
2.15pm Virtual RPM	2.30pm Virtual Body Balance
3.15pm Virtual RPM (E)	3.30pm Virtual Body Combat
4.15pm Virtual RPM	4.30pm Virtual Sh'Bam
5.15pm Virtual RPM	5.30pm Virtual Body Pump

(E) = Express 30-minute class

