

# GROUP FITNESS TIMETABLE

EFFECTIVE 4 MARCH 2019

Cardinia  
Life

## GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	V BODY PUMP (E)	V CX WORX	V BODY COMBAT (E)	HIIT 45	V BODY BALANCE (E)		
6.20am	V BODY BALANCE	V BODY COMBAT	V SH'BAM		V BODY COMBAT		
7.20am	V CX WORX	V BODY PUMP (E)	V CX WORX	V BODY BALANCE (E)	V CX WORX		
8.00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V SH'BAM	STRONG MOVERS		
8.10am						BODY BALANCE <small>NEW TIME</small>	V BODY PUMP <small>NEW TIME</small>
9.00am	GRIT	V CX WORX	GRIT	V CX WORX	V BODY PUMP (E)		
9.20am						BODY PUMP <small>NEW TIME</small>	V BODY BALANCE <small>NEW TIME</small>
9.35am	ZUMBA <small>NEW TIME</small>	BODY COMBAT <small>NEW TIME</small>	BODY PUMP <small>NEW TIME</small>	BOXING <small>NEW TIME</small>	PILATES <small>NEW TIME</small>		
10.30am						V BODY COMBAT	V SH'BAM <small>NEW TIME</small>
10.45am	BARRE	YOGA	PILATES	BODY BALANCE	BARRE		
12.00pm	V CX WORX	V BODY PUMP (E)	V BODY BALANCE (E)	V SH'BAM (E)	V BODY COMBAT (E)	V CX WORX	V BODY COMBAT (E)
2.30pm	V BODY BALANCE	V CX WORX	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V BODY PUMP	V CX WORX
3.30pm	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V CX WORX	V SH'BAM	V BODY BALANCE	V BODY PUMP
4.30pm	V SH'BAM	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V BODY BALANCE	V SH'BAM	V BODY COMBAT
5.30pm	V BODY PUMP	V SH'BAM (E)	V CX WORX	V BODY BALANCE	V BODY COMBAT	V CX WORX	V BODY BALANCE (E)
6.00pm		GRIT	BOXING				
6.30pm	BOXING			BODY PUMP	V SH'BAM		
6.40pm		BARRE					
7.00pm	BODY BALANCE *		YOGA	PILATES *			
7.30pm	ZUMBA	V BODY PUMP		V BODY COMBAT	V BODY PUMP		
8.30pm	V CX WORX	V BODY BALANCE (E)	V BODY PUMP (E)	V SH'BAM (E)	V CX WORX		

V = VIRTUAL (E) = EXPRESS \* = HELD IN CRECHE

## AQUA (25M INDOOR POOL)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS		AQUA WORKOUT	
9.15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
7.35pm		AQUA WORKOUT		AQUA WORKOUT			

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	V RPM (E)	RPM <small>NEW TIME</small>	V RPM (E)	V RPM	V RPM (E)		
6.20am	V RPM		V RPM		V RPM		
7.15am	V RPM	V RPM	V RPM	V RPM	V RPM		
8.15am	V RPM	V RPM	V RPM	V RPM	V RPM	RPM	V RPM
9.30am	RPM	V RPM	RPM	V RPM	RPM	V RPM	V RPM
10.45am	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM
11.45am	V RPM (E)	V RPM (E)	V RPM (E)	V RPM (E)	V RPM (E)	V RPM (E)	V RPM (E)
12.30pm	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM
2.15pm	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM BEGINNER
3.15pm	V RPM (E)	V RPM	V RPM (E)	V RPM	V RPM (E)	V RPM	V RPM
4.15pm	V RPM	V RPM (E)	V RPM	V RPM (E)	V RPM	V RPM	V RPM
5.15pm	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM	V RPM
6.30pm	V RPM	RPM	RPM	V RPM	V RPM		
7.30pm	V RPM	V RPM	V RPM	V RPM	V RPM		
8.30pm	V RPM (E)	V RPM (E)	V RPM (E)	V RPM (E)	V RPM (E)		

V = VIRTUAL (E) = EXPRESS

## CLASS DESCRIPTIONS

### AQUA MOVERS (45 MINS)

Water-based class suitable for all levels. Improve your fitness with this cardio workout.

### AQUA WORKOUT (45 MINS)

Enjoy the benefits of a more energetic workout without stress on your joints!

### BARRE (45 MINS)

A low-impact class that will help to strengthen your core, glutes and legs. Inspired by ballet, this fusion of dance moves, pilates and yoga is a great all-body workout.

### BODY BALANCE (55 MINS)

A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses.

### BODY COMBAT (55 MINS)

A high-energy non-contact workout inspired by martial arts.

### BODY PUMP (55 MINS)

A strength and conditioning class that uses barbells and weights to target all muscle groups.

### BOXING (55 MINS)

High-intensity boxing circuit that incorporates punching and focus pads to improve fitness.

### CX WORX (30 MINS)

Strengthen your core with this dynamic training using resistance bands and weight plates.

### GRIT (30 MINS)

Improve your fitness and strength. A high-impact class that will quickly get you into shape.

### HIIT (45 MINS)

High Intensity Interval Training that is proven to get results fast! Circuit-based with a combination of power, agility, and weight training.

### PILATES (55 MINS)

Develop core strength and stamina through a focus on breathing patterns, posture and flexibility.

### RPM (50 MINS)

An indoor cycle workout that delivers maximal results with minimal impact. Your instructor will lead you through hills, flats, mountain peaks, time trials and interval training.

### RPM BEGINNER (20 MINS)

Introductory cycle class with full instructional bike setup followed by a shorter duration session.

### SH'BAM (45 MINS)

Vibrant class featuring chart-topping hits and awesome dance moves to get you moving.

### STRONG MOVERS (55 MINS)

Low-impact class for beginners. Benefits include strength, balance, core and mobility.

### YOGA (55 MINS)

Enhance your vitality and sense of well-being. Improve flexibility, balance, strength and posture.

### ZUMBA (45 MINS)

It's a dance fitness party! This aerobic class features rhythms set to high-energy Latin beats.

**V (VIRTUAL CLASS)** Technology-based group fitness class displayed via a projector.

**EXPRESS (30 MINS)** In a hurry but need your fitness fix? Try a VIRTUAL express version of these LES MILLS classics.

### PLEASE NOTE:

- Class limits apply – participants must obtain a valid ticket from reception or the kiosk and provide to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted after the class has commenced.
- Please advise the instructor prior to the class if you are injured, have a medical condition or are pregnant.
- Participants must be aged 16 years and over to attend Body Pump, Boxing, GRIT and HIIT.
- Minimum age is 12 years for all other group fitness classes.

Please visit our website [cardinalaisure.com.au](https://www.cardinalaisure.com.au) and follow us on Facebook for all the latest updates including public holiday timetables. Classes are subject to change depending on class numbers and instructor availability.