



# Cardinia

## Labour Day Public Holiday

Monday 9<sup>th</sup> March  
Centre Open  
8.00am - 7.00pm



### Group Fitness Classes

8.15am Aqua Movers    9.15am Aqua movers

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 Virtual RPM	9.35am Virtual Body Balance
10.45am Virtual SPRINT	10.45am Virtual LM Barre
11.30pm Virtual RPM (E)	
2.15pm Virtual RPM	2.40pm Virtual Body Balance (E)
3.15pm Virtual RPM (E)	3.15pm Virtual Body Combat
4.15pm Virtual SPRINT	4.20pm Virtual LM Barre
5.30pm Virtual RPM	5.25pm Virtual Body Pump

(E) = Express 30-minute class

