

GROUP FITNESS TIMETABLE

EFFECTIVE 22 JUNE 2020

Cardinia
Life

Please arrive no earlier than 5 minutes prior to the listed time to allow for our new check-in process and safe entry into the class.

Group Fitness Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	V BODY PUMP	V CX WORK	V BODY COMBAT	STRENGTH 45	V BODY BALANCE		
8:00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V LES MILLS BARRE	STRONG MOVERS	8:10AM V BODY BALANCE	8:10AM B BODY BALANCE
9:30am	YOGA	THT	POWER BAR	V BODY COMBAT	PILATES	V BODY PUMP	V BODY COMBAT
10:45am	V LES MILLS BARRE	V BODY BALANCE	V CX WORK	V BODY BALANCE	V LES MILLS BARRE	V BODY COMBAT	V LES MILLS BARRE
5:00pm	V BODY PUMP (E)	V BODY COMBAT (E)	V BODY PUMP	V LES MILLS BARRE	V BODY PUMP		
6:00pm	PILATES	BARRE		PILATES			
6:30pm			YOGA		V CX WORX		
7:30pm	V BODY COMBAT	V BODY PUMP		V BODY PUMP			

KEY: LIVE INSTRUCTOR VIRTUAL

Aqua							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS		
9:45am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS		
12:15pm		GENTLE AQUA					
6:30pm		AQUA WORKOUT					

KEY: 25M POOL PROGRAM POOL

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Cycle Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	V RPM (E)	COACH BY COLOUR	V SPRINT	V RPM	V RPM (E)		
7:30am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
8:15am						COACH BY COLOUR	V RPM
9:00am		V RPM		V RPM			
9:30am	COACH BY COLOUR		COACH BY COLOUR		V RPM		
10:00am						V SPRINT	V SPRINT
10:30am		V SPRINT		V SPRINT			
11:00am	V RPM		V RPM		V RPM	V RPM	V RPM
4:00pm						V SPRINT	V SPRINT
5:00pm	V SPRINT	V RPM (E)	V SPRINT	V RPM (E)	V SPRINT	V RPM	V RPM
6:15pm	V RPM	V RPM	V RPM	V RPM	V RPM		
7:30pm	V RPM (E)		V RPM (E)		V RPM (E)		

KEY: LIVE INSTRUCTOR VIRTUAL SPRINT VIRTUAL RPM

GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

For the full guide, see our website at <https://cardinaleisure.com.au/bookings/>



Book your class via our online booking portal. Website listed above.



Shower thoroughly at home using soap. Aqua classes only.



Pack your EFTPOS card. We are temporarily a cashless facility



Dress in appropriate workout or swim attire before leaving home



Pack your photo ID.



Pack your towel and water bottle

REMEMBER TO ARRIVE NO EARLIER THAN 5 MINUTES BEFORE THE LISTED CLASS TIME