

GROUP FITNESS TIMETABLE

EFFECTIVE 23 NOVEMBER 2020

Cardinia
Life

GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

<https://cardinialeisure.com.au/bookings/>



Members can book in advance via our online booking portal.



Pack your workout towel and drink bottle.



We are temporarily a cashless facility. Please pack your EFTPOS card.

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	V BODY PUMP	V CX WORX	V LM BARRE	V BODY COMBAT	V BODY PUMP		
8:00am	STRONG MOVERS		STRONG MOVERS		STRONG MOVERS	8.15am V BODY BALANCE	
9:30am	POWER YOGA	V BODY COMBAT	V BODY PUMP	HIIT STEP	PILATES	V BODY PUMP	
10:45am	V LM BARRE	STRONG MOVERS YOGA	PILATES	YOGA	V BODY BALANCE		
2:00pm	V CX WORX	V LM BARRE	V BODY COMBAT	V BODY BALANCE	V BODY PUMP		
5:30pm	V BODY COMBAT	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V CX WORX		
6:30pm	PILATES	BARRE	YOGA	V BODY BALANCE	YOGALATES		
7:30pm	V BODY BALANCE	V LM BARRE	V BODY PUMP	V CX WORX	V BODY COMBAT		

KEY: **LIVE** **VIRTUAL**

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	V SPRINT	COACH BY COLOUR	V SPRINT	V RPM	V SPRINT		
9:30am	COACH BY COLOUR	V SPRINT	COACH BY COLOUR	V SPRINT	V RPM	8.15am COACH BY COLOUR	
1:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
6:00pm	V RPM	V RPM	V RPM	V RPM	V RPM		
7:30pm	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		

KEY: **LIVE** **VIRTUAL**

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS		
9:15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
12:30pm		GENTLE AQUA					
7:30pm		AQUA WORKOUT		AQUA WORKOUT			

KEY: **25M POOL** **PROGRAM POOL**