

GROUP FITNESS TIMETABLE

EFFECTIVE 9 NOVEMBER 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 CLASSES							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am						COACH BY COLOUR	
10:30am	HIIT STEP	STRONG MOVERS	COACH BY COLOUR	YOGA	PILATES		
11:30am	V BODY BALANCE	V BODY COMBAT	V BODY PUMP	V CX WORX	V LM BARRE		
6:30pm	PILATES	BARRE	YOGA	BODY BALANCE	YOGALATES		

KEY:

LIVE GROUP FITNESS STUDIO	VIRTUAL GROUP FITNESS STUDIO	LIVE CYCLE STUDIO
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AQUA CLASSES							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS		
9:30am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
12:30pm		GENTLE AQUA					

KEY:

25M POOL	PROGRAM POOL
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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

Cardinia

Managed in partnership

ALIGNED
LEISURE

4-6 Olympic Way
Pakenham VIC 3810

5945 2888 cardinaleisure.com.au
facebook.com/cardinialife