

GROUP FITNESS TIMETABLE

EFFECTIVE 25 MAY 2021

Cardinia
Life

GROUP FITNESS STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------|----------------|---------------|----------------|---------------|------------------------|--------------------------|
| 5:45am | BOXING | V CX WORX | V LM BARRE | HIIT STRENGTH | V BODY PUMP | | |
| 7:00am | V BODY BALANCE | V BODY PUMP | V BODY COMBAT | V BODY PUMP | V BODY COMBAT | | |
| 8:00am | STRONG MOVERS | V BODY BALANCE | STRONG MOVERS | V CX WORX | STRONG MOVERS | 8:15AM BODY BALANCE | 8:15AM V BODY BALANCE |
| 9:30am | POWER YOGA | BODY COMBAT | BODY PUMP | HIIT STEP | PILATES | V BODY PUMP | V BODY COMBAT |
| 10:45am | HIIT STEP | YOGA | PILATES | V BODY BALANCE | TAI CHI | V CX WORX | V BODY PUMP |
| 4:00pm | V LM BARRE | V BODY COMBAT | V BODY PUMP | V CX WORX | V BODY PUMP | V BODY COMBAT | V LM BARRE |
| 5:30pm | V CX WORX | V LM BARRE | V CX WORX | V BODY COMBAT | V CX WORX | V BODY PUMP | V BODY BALANCE |
| 6:30pm | BODY COMBAT | 6pm BOXING | YOGA | BODY PUMP | V LM BARRE | | |
| 7:30pm | V BODY BALANCE | V BODY PUMP | V BODY COMBAT | V BODY BALANCE | V BODY COMBAT | | |

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

CYCLE STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------|----------|-----------------|----------|----------|---------------------------|-----------------|
| 6:00am | V SPRINT | RPM | V SPRINT | V RPM | V SPRINT | | |
| 7:00am | V RPM | V SPRINT | V RPM | V SPRINT | V RPM | | |
| 8:00am | V SPRINT | V RPM | | V RPM | V SPRINT | 8.15am COACH BY COLOUR | 8:15am V RPM |
| 9:30am | RPM | V SPRINT | | V SPRINT | RPM | V RPM | V RPM |
| 10:45am | V SPRINT | V RPM | | V RPM | V SPRINT | V SPRINT | V SPRINT |
| 1:30pm | V SPRINT | V RPM | | V RPM | V SPRINT | V RPM | V RPM |
| 4:30pm | V SPRINT | V RPM | | V RPM | V SPRINT | V RPM | V RPM |
| 6:00pm | V RPM | V RPM | COACH BY COLOUR | V RPM | V RPM | V SPRINT | V SPRINT |
| 7:30pm | V RPM | V SPRINT | V RPM | V SPRINT | V RPM | | |

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



Managed in partnership



4-6 Olympic Way
Pakenham VIC 3810

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facebook.com/cardinialife

OPENING HOURS

Weekdays 5.30am - 10pm
Weekends 8am - 7pm
Gym open 24/7

Closed Good Friday and Christmas Day

GROUP FITNESS TIMETABLE


EFFECTIVE 18 JANUARY 2021

Cardinia Life

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

KEY: 25M POOL PROGRAM POOL


GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS



Pack your workout towel and drink bottle.



Please wipe down your equipment after use.



Remember to arrive no earlier than 5 minutes before the listed class time.

For health & safety reasons if you arrive later than the class start time you will not be permitted to enter the class.