

# GROUP FITNESS TIMETABLE

EFFECTIVE 3 NOVEMBER 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 V BODY BALANCE	8:15AM V BODY BALANCE
9:30am	BODYPUMP	BOXING		BODYPUMP	PILATES	V BODY PUMP	V BODY COMBAT
10:45am	PILATES	YOGA		STRONG MOVERS	TAI CHI	V CX WORX	V BODY PUMP
4:00pm	V LM BARRE	V BODY COMBAT		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	V 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	RPM	V SPRINT	RPM	V RPM	V RPM
10:45am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V SPRINT	V SPRINT
1:30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM
4:30pm	V SPRINT	V RPM	V RPM	V RPM	V SPRINT	V RPM	V RPM
6:00pm	V RPM	V RPM	RPM	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



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Pakenham VIC 3810

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[facebook.com/cardinialife](https://facebook.com/cardinialife)

### OPENING HOURS

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

Closed Good Friday and Christmas Day

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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		
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.



Please allow enough time to collect your ticket from reception & check in.

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