



Cardinia



Cup Day Public Holiday

Tuesday 6th November

Centre Open

8.00am till 7.00pm

Group Fitness Classes

8.15am Aqua Movers

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM (E)	8.15am Virtual Body Pump (E)
9.15am Virtual RPM	9.00am Virtual CX Worx
10.15am Virtual RPM (E)	9.30am Virtual Body Combat
10.45am Virtual RPM	10.45am Virtual Body Balance
12.15pm Virtual RPM	12pm Virtual Body Combat
1.15pm Virtual RPM (E)	1.00pm Virtual CX Worx
2.00pm Virtual RPM	2.00pm Virtual Body Pump
3.00pm Virtual RPM	3.30pm Virtual Body Balance
4.00pm Virtual RPM Beginner	
4.30pm Virtual RPM	4.30pm Virtual Body Combat
5.30pm Virtual RPM	5.30pm Virtual CX Worx
	6.00pm Virtual Sh'Bam

