

GESAC GROUP EXERCISE AUSTRALIA DAY PUBLIC HOLIDAY TIMETABLE

Monday 26 January 2026

Bookings required via member portal

STUDIO WONDER

8.30am	Activate Strength
9.30am	Body Pump
10.30am	Zumba
12.00pm	Virtual Body Pump
4.00pm	Virtual Body Pump
5.00pm	Virtual Les Mills Core

REFORMER

8.30am	Progression
9.30am	Advanced
10.30am	Foundation
11.30pm	Progression

TRAINING ZONE

8.30am	Bootcamp (Stadium)
9.30am	Functional Strength

STUDIO TWO

9.30am	Flow Yoga
10.30am	Beginners Yoga
4.00pm	Virtual Yoga

THE BIKE LAB

8.30am	RPM
9.30am	RPM
10.30pm	Virtual The Trip
12.00pm	Virtual RPM
4.00pm	Virtual Sprint

AQUA

8.30am	Aqua Fitness
9.30am	Aqua Fitness

GLEN EIRA SPORTS AND AQUATIC CENTRE
200 East Boundary Road, Bentleigh East | 9575 7100

CAULFIELD RECREATION CENTRE
6 Maple Street, Caulfield | 9575 7100

CARNEGIE MEMORIAL SWIMMING POOL
Koornang Park, Moira Ave, Carnegie | 9575 7100

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