

# GESAC GROUP EXERCISE AUSTRALIA DAY PUBLIC HOLIDAY TIMETABLE

Monday 26 January 2026

Bookings required via member portal

| STUDIO WONDER |                        | STUDIO TWO       |                |
|---------------|------------------------|------------------|----------------|
| 8.30am        | Activate Strength      | 9.30am           | Flow Yoga      |
| 9.30am        | Body Pump              | 10.30am          | Beginners Yoga |
| 10.30am       | Zumba                  | 4.00pm           | Virtual Yoga   |
| 12.00pm       | Virtual Body Pump      |                  | THE BIKE LAB   |
| 4.00pm        | Virtual Body Pump      | 8.30am           | RPM            |
| 5.00pm        | Virtual Les Mills Core | 9.30am           | RPM            |
| REFORMER      |                        | Virtual The Trip |                |
| 8.30am        | Progression            | 10.30pm          | Virtual RPM    |
| 9.30am        | Advanced               | 12.00pm          | Virtual Sprint |
| 10.30am       | Foundation             |                  |                |
| 11.30pm       | Progression            |                  |                |
| TRAINING ZONE |                        | AQUA             |                |
| 8.30am        | Bootcamp (Stadium)     | 8.30am           | Aqua Fitness   |
| 9.30am        | Functional Strength    | 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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