

# CMSP GROUP FITNESS

# KING'S BIRTHDAY

# PUBLIC HOLIDAY TIMETABLE

## Monday 8 June 2026

Bookings required via member portal

PROGRAM ROOM 1	
8.30am	HIIT Circuit
9.30am	Dance
10.40am	Restore/Sound
12.30pm	Virtual Body Pump

  

REFORMER	
8.30am	Foundation
9.30am	Progression
10.30am	Foundation

  

CMSP MIND AND BODY	
9.30am	Slow Flow Yoga
10.30am	Qi Gong

  

AQUA	
8.15am	HIIT
9.00am	Tone

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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