

GESAC GROUP FITNESS MELBOURNE CUP DAY PUBLIC HOLIDAY TIMETABLE

Tuesday 5 November

Bookings required via member portal

STUDIO WONDER	
8.30am	Zumba
9.30am	BodyPump
10.30am	Activate Strength
12.00pm	Virtual Les Mills Core
4.00pm	Virtual BodyAttack
5.00pm	Virtual BodyPump

REFORMER	
8.30am	Progression
9.30am	Progression
10.30am	Progression
11.30am	Advanced

STADIUM	
8.30am	Bootcamp
9.30am	Bootcamp

STUDIO TWO	
9.30am	Mat Pilates
10.30am	Vinyasa
12.00pm	Virtual Pilates

THE BIKE LAB	
8.30am	Cycle
9.30am	RPM
12.00pm	Virtual RPM
4.00pm	Virtual The Trip
5.00pm	Virtual RPM

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

info@gesac.com.au | www.geleisure.com.au | www.facebook.com/GESACOnline | @gleneiraleisure