

CMSP GROUP FITNESS EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

Friday 18 April - Monday 21 April

PROGRAM ROOM 1				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	Dance	Mat Pilates	HIIT
9.30am		HITT Circuit		Flow Yoga (9.25am)
10.30am		Body Pump		

CMSP MIND AND BODY				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	Yin Yoga		Beginners Yoga
9.30am		Flow Yoga	Restorative Yoga	QiGong

REFORMER				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	Foundation	Foundation	Foundation
9.30am		Progression	Foundation	Foundation
10.30am		Foundation	Progression	Progression

AQUA FITNESS				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
9.30am	CLOSED GOOD FRIDAY		Aqua Flow	
10.30am		Aqua Flow		Aqua Flow

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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