

# GESAC GROUP FITNESS EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

Friday 18 April - Monday 21 April

STUDIO WONDER				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	BodyAttack	LM Tone	Activate Strength
9.30am		BodyPump	Dance	BodyPump
10.30am		BodyCombat	Body Pump	Dance
12pm		Virtual BodyAttack	Virtual BodyPump	Virtual BodyPump
4pm		Virtual BodyPump	Virtual Attack	Virtual Body Pump
5pm		Virtual Les Mills Core		Virtual LMCore

STUDIO TWO				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	Flow Yoga	Restore/Sound	Qigong
9.30am		Pilates	Pilates	Flow yoga (9.25am)
10.30am		Mobilise		Beginner Yoga (10.40am)
4pm				

BIKE LAB				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	The Trip /Cycle	Cycle	RPM
9.30am		RPM	RPM	Cycle
10.30am		Virtual Sprint	Virtual Sprint	Virtual The Trip
12pm		Virtual RPM	Virtual RPM	Virtual RPM
4pm		Virtual The Trip	Virtual The Trip	Virtual Sprint

TRAINING ZONE				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	Functional Strength	HIIT	Bootcamp
9.30am		HIIT		Functional Strength

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

AQUA FITNESS				
	FRIDAY 18 APRIL	SATURDAY 19 APRIL	SUNDAY 20 APRIL	MONDAY 21 APRIL
8.30am	CLOSED GOOD FRIDAY	Aqua	Aqua	Aqua
9.30am		Aqua		Aqua

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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