

# GESAC GROUP FITNESS AUSTRALIA DAY PUBLIC HOLIDAY TIMETABLE

## Monday 27 January 2025

Bookings required via member portal

### STUDIO WONDER

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

### REFORMER

8.30am	Progression
9.30am	Advanced
10.30am	Foundation
11.30am	Progression

### TRAINING ZONE

8.30am	Bootcamp
9.30am	Functional Strength

### STUDIO TWO

9.30am	Flow Yoga
10.30am	Beginner Yoga
4.00pm	Virtual Yoga

### THE BIKE LAB

8.30am	RPM
9.30am	Cycle
10.30am	Virtual The Trip
12.00pm	Virtual RPM
4.00pm	Virtual Sprint

### AQUA

8.30am	Aqua
9.30am	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 VIC 3163 | 9575 7100

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# GESAC GROUP FITNESS EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

Friday 7 April - Monday 10 April

STUDIO WONDER				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY	BodyAttack	Les Mills Tone	
9.30am		BodyCombat	BodyStep	
10.30am		BodyPump	BodyPump	
12pm		Virtual BodyAttack		
4pm		Virtual BodyPump		
5pm		Virtual Les Mills Core		

STUDIO TWO				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				
4pm				

BIKE LAB				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				
12pm				
4pm				

TRAINING ZONE				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				

REFORMER				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				

AQUA FITNESS				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				

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