

CAULFIELD RECREATION CENTRE

GROUP EXERCISE HOLIDAY TIMETABLE

Monday 29 December - Sunday 4 January

STUDIO ONE							Bookings required via member portal
	MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN
6.05am	Virtual BodyPump		Virtual BodyPump				
7.00am			Virtual Les Mills Core				
7.15am							
8.30am	Mat Pilates & Barre	BodyPump	Activate Strength			BodyPump	
9.30am	Dance	Activate Strength	Mat Pilates		virtual body pump	Zumba	BodyStep
10.30am	LivingStronger	LivingStronger	Barre		Dance	Mat Pilates	Yoga
11.30am							
5pm	Virtual Core						
6pm	Virtual Dance	Pilates					
7pm							

CYCLE							
	MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 DEC	FRI 2 JAN	SAT 3 JAN	SUN 5 JAN
6.05am		Virtual RPM					
7am	Virtual RPM	Virtual RPM					
8.30am						Virtual RPM	
9.30am	Virtual RPM	Virtual Sprint			Virtual RPM		Virtual RPM
10.30am		Virtual RPM					
6pm	Virtual RPM	Virtual Sprint					

REFORMER							
	MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN
7.30am							
8.30am		Foundation	Foundation		Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation		Foundation	Progression	
10.30am	Progression	Foundation	Progression				Foundation
11.30am	Progression						
5pm	Foundation	Foundation					
6pm	Foundation						
7pm	Progression	Progression					