

CAULFIELD RECREATION CENTRE GROUP FITNESS TIMETABLE

Commencing Monday 17 January 2022



STUDIO 1

Classes are 45min unless marked
^ indicates 55min classes

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am		Virtual Cxworx	Virtual Cxworx	Activate Strength	Virtual CXworx	BodyPump	Virtual Sh'bam
9.30am	BodyPump	Activate Strength	Pilates	Zumba	BodyPump	Zumba	BodyStep
10.30am	Activate Lite - Fit Active	Activate Lite - Strength	Barre	Virtual BodyPump	Sh'bam	Virtual CXworx	Yoga
11.30am		Virtual BodyPump	Activate Lite - Fit Active				
5pm	Virtual Cxworx	Virtual GRIT	Virtual BodyCombat	Virtual BodyPump			
6pm	Zumba	Pilates	BodyPump	Zumba			
7pm	Virtual BodyPump	Virtual BodyBalance		Virtual BodyPump			

CYCLE

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am						Virtual RPM	
9.30am	Virtual RPM	Virual Sprint	Virtual RPM	Virual Sprint	Virtual RPM		Virtual RPM
10.30am		Virtual RPM	Virtual RPM				
6pm	Virtual RPM	Virual Sprint		Virtual RPM			

REFORMER

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am						Fundamentals Athena	Strength Ellen
9.30am	Activate Ricki	Strength Daniela	Stretch, Flex & Core Daniela	Fundamentals Athena	Activate Naomi	Stretch, Flex & Core Athena	
10.30am	Stretch, Flex & Core Ellen	Fundamentals Daniela	Strength Daniela	Stretch, Flex & Core Athena	Stretch, Flex & Core Caroline		
6pm	Stretch, Flex & Core Lauren			Strength Caroline			
7pm	Strength Lauren	Strength Ellen		Stretch, Flex & Core Caroline			