

CMSP GROUP FITNESS CUP DAY PUBLIC HOLIDAY TIMETABLE

Tuesday 4 November 2025

Bookings required via member portal

PROGRAM ROOM 1	
8.30am	Activate
9.30am	Pilates
10.30am	Yin Yoga
12.30pm	Virtual BodyPump

REFORMER	
8.30am	Progression
9.30am	Foundation
10.30am	Progression

AQUA	
8.05am	Aqua Fit
9.05am	Aqua Fit

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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