

# GROUP FITNESS BOOKING CHEAT SHEET

Please be advised that bookings open 46 hours in advance. To utilise the booking cheat sheet provided below, locate the time of your upcoming class and refer to the corresponding booking time listed in the cell. The times provided below serve as a guide only.

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	SATURDAY 8.00AM	SUNDAY 8.00AM	MONDAY 8.00AM	TUESDAY 8.00AM	WEDNESDAY 8.00AM	THURSDAY 8.00AM	FRIDAY 8.00AM
6.10am	SATURDAY 8.10M	SUNDAY 8.10M	MONDAY 8.10M	TUESDAY 8.10M	WEDNESDAY 8.10M	THURSDAY 8.10M	FRIDAY 8.10M
7am	SATURDAY 9.00AM	SUNDAY 9.00AM	MONDAY 9.00AM	TUESDAY 9.00AM	WEDNESDAY 9.00AM	THURSDAY 9.00AM	FRIDAY 9.00AM
7.10am	SATURDAY 9.10AM	SUNDAY 9.10AM	MONDAY 9.10AM	TUESDAY 9.10AM	WEDNESDAY 9.10AM	THURSDAY 9.10AM	FRIDAY 9.10AM
7.30am	SATURDAY 9.30AM	SUNDAY 9.30AM	MONDAY 9.30AM	TUESDAY 9.30AM	WEDNESDAY 9.30AM	THURSDAY 9.30AM	FRIDAY 9.30AM
8am	SATURDAY 10.00AM	SUNDAY 10.00AM	MONDAY 10.00AM	TUESDAY 10.00AM	WEDNESDAY 10.00AM	THURSDAY 10.00AM	FRIDAY 10.00AM
8.25am	SATURDAY 10.25AM	SUNDAY 10.25AM	MONDAY 10.25AM	TUESDAY 10.25AM	WEDNESDAY 10.25AM	THURSDAY 10.25AM	FRIDAY 10.25AM
8.30am	SATURDAY 10.30AM	SUNDAY 10.30AM	MONDAY 10.30AM	TUESDAY 10.30AM	WEDNESDAY 10.30AM	THURSDAY 10.30AM	FRIDAY 10.30AM
9.20am	SATURDAY 11.20AM	SUNDAY 11.20AM	MONDAY 11.20AM	TUESDAY 11.20AM	WEDNESDAY 11.20AM	THURSDAY 11.20AM	FRIDAY 11.20AM
9.25am	SATURDAY 11.25AM	SUNDAY 11.25AM	MONDAY 11.25AM	TUESDAY 11.25AM	WEDNESDAY 11.25AM	THURSDAY 11.25AM	FRIDAY 11.25AM
9.30am	SATURDAY 11.30AM	SUNDAY 11.30AM	MONDAY 11.30AM	TUESDAY 11.30AM	WEDNESDAY 11.30AM	THURSDAY 11.30AM	FRIDAY 11.30AM
10.30am	SATURDAY 12.30PM	SUNDAY 12.30PM	MONDAY 12.30PM	TUESDAY 12.30PM	WEDNESDAY 12.30PM	THURSDAY 12.30PM	FRIDAY 12.30PM
10.40am	SATURDAY 12.40PM	SUNDAY 12.40PM	MONDAY 12.40PM	TUESDAY 12.40PM	WEDNESDAY 12.40PM	THURSDAY 12.40PM	FRIDAY 12.40PM
11.45am	SATURDAY 1.45PM	SUNDAY 1.45PM	MONDAY 1.45PM	TUESDAY 1.45PM	WEDNESDAY 1.45PM	THURSDAY 1.45PM	FRIDAY 1.45PM
12pm	SATURDAY 2.00PM	SUNDAY 2.00PM	MONDAY 2.00PM	TUESDAY 2.00PM	WEDNESDAY 2.00PM	THURSDAY 2.00PM	FRIDAY 2.00PM
4pm	SATURDAY 6.00PM	SUNDAY 6.00PM	MONDAY 6.00PM	TUESDAY 6.00PM	WEDNESDAY 6.00PM	THURSDAY 6.00PM	FRIDAY 6.00PM
5pm	SATURDAY 7.00PM	SUNDAY 7.00PM	MONDAY 7.00PM	TUESDAY 7.00PM	WEDNESDAY 7.00PM	THURSDAY 7.00PM	FRIDAY 7.00PM
5.30pm	SATURDAY 7.30PM	SUNDAY 7.30PM	MONDAY 7.30PM	TUESDAY 7.30PM	WEDNESDAY 7.30PM	THURSDAY 7.30PM	FRIDAY 7.30PM
6pm	SATURDAY 8.00PM	SUNDAY 8.00PM	MONDAY 8.00PM	TUESDAY 8.00PM	WEDNESDAY 8.00PM	THURSDAY 8.00PM	FRIDAY 8.00PM
7pm	SATURDAY 9.00PM	SUNDAY 9.00PM	MONDAY 9.00PM	TUESDAY 9.00PM	WEDNESDAY 9.00PM	THURSDAY 9.00PM	FRIDAY 9.00PM
7.15pm	SATURDAY 9.15PM	SUNDAY 9.15PM	MONDAY 9.15PM	TUESDAY 9.15PM	WEDNESDAY 9.15PM	THURSDAY 9.15PM	FRIDAY 9.15PM
8pm	SATURDAY 10.00PM	SUNDAY 10.00PM	MONDAY 10.00PM	TUESDAY 10.00PM	WEDNESDAY 10.00PM	THURSDAY 10.00PM	FRIDAY 10.00PM

GLEN EIRA SPORTS AND AQUATIC CENTRE  
 200 East Boundary Road, Bentleigh East | 9575 7100  
 CAULFIELD RECREATION CENTRE  
 6 Maple Street, Caulfield | 9575 7100

info@gesac.com.au | www.geleisure.com.au | www.facebook.com/GESACOnline | @gleneira leisure