

LABOUR DAY TIMETABLE

MONDAY 9 MARCH

Gym opening hours: 8am – 6pm | Pool opening hours: 8am – 5.30pm
Please note: Swimming lessons are not held on public holidays

Studio one

8.50am Virtual Les Mills Core
9.25am BodyPump
10.35am Zumba
12pm Virtual BodyPump
1pm Virtual Les Mills Core
2pm Virtual BodyCombat
3pm Virtual Les Mills Core
4pm Virtual BodyPump
5pm Virtual GRIT

Cycle

8.15am Virtual RPM
9.30am Sprint
10.35am Virtual Sprint
12pm Virtual RPM
1pm Virtual RPM
2pm Virtual Sprint
3pm Virtual RPM
4pm Virtual RPM
5pm Virtual Sprint

Studio two

9.30am Yoga
10.35am Virtual Pilates
12pm Virtual BodyBalance
1pm Virtual Piloxing
2pm Virtual Yoga
3pm Virtual Pilates
4pm Virtual Yoga
5pm Virtual BodyBalance

Aqua

8.30am Aqua Fitness
9.25am Aqua Fitness

Training Zone

9.30am Strength and Conditioning

Reformer

8.30am Reformer
9.30am Reformer



GLEN EIRA
CITY COUNCIL

