

GESAC TIMETABLE

Commencing 4 January 2021

STUDIO ONE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	BodyPump	HIIT	Les Mills Tone	BodyPump			
8am			Activate Strength				
8.25am	Activate Strength	Pilates			Activate Strength	BodyAttack	BodyCombat
9.25am	BodyPump	BodyAttack	Dumbbell Circuit	BodyPump	BodyStep	BodyPump	BodyPump
10.25am	Activate Circuit			Activate Circuit		Virtual Sh'Bam	Zumba
12pm	Virtual BodyPump	Virtual BodyCombat	Virtual Cxworx	Virtual Sh'Bam	Virtual BodyPump		
5pm	Virtual Cxworx	Virtual BodyPump	Virtual Cxwork	Virtual BodyCombat	Virtual BodyPump	Virtual BodyPump	Virtual Sh'Bam
6pm	BodyPump	BodyCombat	BodyPump	Les Mills Tone			
7pm	BodyAttack	Sh'Bam	BodyStep	CxWorx			

Sessions marked in yellow will be both live and broadcast to GEL Anywhere

STUDIO TWO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30am		Tai Chi				Vinyasa Yoga	Pilates
9.30am	Flow Yoga	Vinyasa Yoga	Pilates	Barre	Pilates	Pilates	Barre
10.30am	Beginners Yoga	Barre	Vinyasa Yoga		Beginners Yoga		
6.05pm			Core	Barre			
7.05pm	Vinyasa Yoga	Beginners Yoga		Beginners Yoga			

REFORMER							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Reformer		Reformer	Reformer			
8.30am	Reformer				Reformer	Reformer	Reformer
9.30am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
10.30am	Reformer	Reformer	Reformer	Reformer	Reformer		
6.05pm	Reformer	Reformer	Reformer	Reformer			
7.05pm	Reformer	Reformer	Reformer	Reformer			

BIKE LAB							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	Cycle	The Trip	RPM	Cycle	Sprint		
8.25am						The Trip	RPM
9.25am	Cycle	Cycle	Cycle	RPM	Cycle	Virtual RPM	Virtual The Trip
12pm	Virtual The Trip	Virtual RPM	Virtual Sprint	Virtual The Trip	Virtual RPM		
1pm							
5pm						Virtual The Trip	Virtual RPM
6pm	RPM	Cycle	Sprint	The Trip			
7pm	Virtual The Trip	Virtual Sprint	Virtual RPM	Virtual Sprint			

AQUATIC							
	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30am	Aqua Fitness		Aqua Fitness		Aqua Fitness	Aqua Fitness	
8.30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
9.30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		

TRAINING ZONE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.10am	Strength		Strength	HIIT			
8.35am						Strength	
9.35am	HIIT		HIIT	HIIT	Strength		
4.00pm		Teen Strength					
7.05pm	HITT	Strength		HIIT			

Gym & Health Club Opening hours
 Monday - Thursday 5.45am - 1pm (closed 1pm -2pm) 2pm - 10pm
 Friday 5.45am - 1pm (closed 1pm -2pm) 2pm - 8pm
 Saturday & Sunday 7am - 12.30pm (closed 12.30 - 1.30pm) 1:30pm - 7pm

GLEN EIRA SPORTS AND AQUATIC CENTRE
 200 East Boundary Road, Bentleigh East | T 9575 7100
 National Relay Service: TTY dial 13 36 77 or Speak and Listen 1300 555 727 or
<https://internet-relay.nrsccall.gov.au/> then ask for 03 9524 3333
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