

# CMSP GROUP EXERCISE LABOR DAY PUBLIC HOLIDAY TIMETABLE

Monday 9 March 2026

Bookings required via member portal

PROGRAM ROOM 1	
8.30am	Body Pump
9.30am	HIIT Circuit
12.00pm	Virtual Body Pump

REFORMER	
8.30am	Foundation
9.30am	Progression
10.30am	Foundation

CMSP MIND AND BODY	
9.30am	Slow Flow Yoga
10.30am	Mobilise

AQUA	
8.15am	Aqua HIIT
9.00am	Aqua Tone

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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