

GESAC GROUP FITNESS MELBOURNE CUP DAY PUBLIC HOLIDAY TIMETABLE

TUESDAY 4 NOVEMBER 2025

Bookings required via member portal

STUDIO WONDER

8.30am	Zumba
9.30am	Body Pump
10.30am	Activate Strength
12.00pm	Virtual BodyPump
4.00pm	Virtual BodyPump
5.00pm	Virtual LMCore

REFORMER

8.30am	Progression
9.30am	Progression
10.30am	Progression
11.30am	Progression

TRAINING ZONE

8.30am	HIIT
9.30am	HITT

STUDIO TWO

9.30am	Mobilise
10.30am	Vinyasa Flow

THE BIKE LAB

8.30am	The Trip
9.30am	RPM
10.30am	Virtual The Trip
12.30pm	Virtual RPM
4.00pm	Virtual Sprint

AQUA

8.30am	Aqua Fitness
9.30am	Aqua Fitness

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

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