

GESAC GROUP FITNESS LABOR DAY PUBLIC HOLIDAY TIMETABLE

Monday 9 March 2026

Bookings required via member portal

STUDIO WONDER	
8.30am	Activate Strength
9.30am	Body pump
10.30am	Zumba
12.00pm	Virtual BodyPump
4.00pm	Virtual BodyPump
5.00pm	Virtual Les Mills Core

REFORMER	
8.30am	Progression
9.30am	Advanced
10.30am	Foundation
11.30am	Progression

TRAINING ZONE	
8.30am	Bootcamp (stadium)
9.30am	Functional Strength

STUDIO TWO	
8.30am	Tummy Hips and Thighs
9.30am	Vinyasa Flow
10.30am	Beginners Yoga

THE BIKE LAB	
8.30am	RPM
9.30am	Cycle
12.00pm	Virtual The Trip
4.00pm	Virtual RPM
5.00pm	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

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

GESAC GROUP FITNESS EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

Friday 7 April - Monday 10 April

STUDIO WONDER				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY	BodyAttack	Les Mills Tone	
9.30am		BodyCombat	BodyStep	
10.30am		BodyPump	BodyPump	
12pm		Virtual BodyAttack		
4pm		Virtual BodyPump		
5pm		Virtual Les Mills Core		

STUDIO TWO				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				
4pm				

BIKE LAB				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				
12pm				
4pm				

TRAINING ZONE				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				

REFORMER				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				
10.30am				

AQUA FITNESS				
	FRIDAY 7 APRIL	SATURDAY 8 APRIL	SUNDAY 9 APRIL	MONDAY 10 APRIL
8.30am	CLOSED GOOD FRIDAY			
9.30am				

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