

CMSP GROUP EXERCISE CLASSES

EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

Friday 3 April - Monday 6 April 2026

STUDIO ONE				
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	BodyPump	Mat Pilates	Body Pump Heavy
9.30am		Les Mills shapes	Zumba	HIIT Circuit
10.30am		Slow Flow Yoga	Restorative/Sound	Living Stronger
12pm		Virtual BodyPump	Virtual BodyPump	

STUDIO TWO				
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
9.30am	CLOSED GOOD FRIDAY			Slow Flow Yoga
10.30am				Mobilise

REFORMER				
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	Foundation	Progression	Progression
9.30am		Progression	Foundation	Foundation
10.30am		Restore	Progression	Progression

AQUA FITNESS				
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	Aqua HITT	Aqua Flow	Aqua HITT
9.15am		Aqua Flow		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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