GESAC GROUP EXERCISE CLASSES

EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

Friday 3 April - Monday 6 April 2026

STUDIO WONDER			
	FRIDAY 3 APRIL	**SATURDAY 4 APRIL**	**SUNDAY 5 APRIL**	**MONDAY 6 APRIL**

	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	BodyPump	LM Tone	Activate Strength
9.30am		BodyAttack	LM Strength and conditioning.	BodyPump
10.30am		Zumba	Body Pump	Zumba
12pm		Virtual BodyPump	Virtual BodyPump	Virtual BodyPump
4pm		Virtual BodyPump	Virtual BodyPump	Virtual Body Pump
5pm		Virtual Les Mills Core	Virtual LMCore	Virtual LMCore

STUDIO TWO			
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY			Qigong
9.30am		Pilates	Vinyasa Flow	Vinyasa Flow
10.30am		Vinyasa Flow	Shapes	Beginner Yoga
11.30am		Mobilise		

BIKE LAB			
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	Cycle	RPM	Cycle
9.30am		RPM	The Trip	RPM
10.30am		Virtual The Trip	Virtual The Trip	Virtual The Trip
12pm		Virtual RPM	Virtual RPM	Virtual RPM
4pm		Virtual Sprint	Virtual Sprint	Virtual Sprint

TRAINING ZONE			
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	Functional Strength	Functional Strength	Bootcamp
9.30am		HIIT	HIIT	Functional Strength

REFORMER			
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	Progression	Progression	Foundation
9.30am		Progression	Foundation	Progression
10.30am		Advanced	Foundation	Progression
11.30am		Foundation	Progression	Progression

AQUA FITNESS			
	FRIDAY 3 APRIL	SATURDAY 4 APRIL	SUNDAY 5 APRIL	MONDAY 6 APRIL
8.30am	CLOSED GOOD FRIDAY	Aqua Fitness	Aqua Fitness	Aqua Fitness
9.30am		Aqua Fitness		Aqua Fitness

Bentleigh • Bentleigh East • Brighton East • Carnegie • Caulfield • Elsternwick • Gardenvale • Glen Huntly • McKinnon • Murrumbeena • Ormond • St Kilda East