



# CAULFIELD RECREATION CENTRE GROUP EXERCISE HOLIDAY TIMETABLE

Monday 29 December - Sunday 4 January

| STUDIO ONE |                     |                   |                        |             | Bookings required via member portal |             |             |
|------------|---------------------|-------------------|------------------------|-------------|-------------------------------------|-------------|-------------|
|            | MON 29 DEC          | TUES 30 DEC       | WED 31 DEC             | THURS 1 JAN | FRI 2 JAN                           | SAT 3 JAN   | SUN 4 JAN   |
| 6.05am     | Virtual BodyPump    |                   | Virtual BodyPump       | CLOSED      |                                     |             |             |
| 7.00am     |                     |                   | Virtual Les Mills Core |             |                                     |             |             |
| 7.15am     |                     |                   |                        |             |                                     |             |             |
| 8.30am     | Mat Pilates & Barre | BodyPump          | Activate Strength      |             |                                     | BodyPump    |             |
| 9.30am     | Dance               | Activate Strength | Mat Pilates            |             | virtual body pump                   | Zumba       | BodyStep    |
| 10.30am    | LivingStronger      | LivingStronger    | Barre                  |             | Dance                               | Mat Pilates | Yoga        |
| 11.30am    |                     |                   |                        |             |                                     |             |             |
| 5pm        | Virtual Core        |                   |                        |             |                                     |             |             |
| 6pm        | Virtual Dance       | Mat Pilates       |                        |             |                                     |             |             |
| 7pm        |                     |                   |                        |             |                                     |             |             |
| CYCLE      |                     |                   |                        |             |                                     |             |             |
|            | MON 29 DEC          | TUES 30 DEC       | WED 31 DEC             | THURS 1 DEC | FRI 2 JAN                           | SAT 3 JAN   | SUN 5 JAN   |
| 6.05am     |                     | Virtual RPM       |                        | CLOSED      |                                     |             |             |
| 7am        | Virtual RPM         | Virtual RPM       |                        |             |                                     |             |             |
| 8.30am     |                     |                   |                        |             |                                     | Virtual RPM |             |
| 9.30am     | Virtual RPM         | Virtual Sprint    |                        |             | Virtual RPM                         |             | Virtual RPM |
| 10.30am    |                     | Virtual RPM       |                        |             |                                     |             |             |
| 6pm        | Virtual RPM         | Virtual Sprint    |                        |             |                                     |             |             |
| REFORMER   |                     |                   |                        |             |                                     |             |             |
|            | MON 29 DEC          | TUES 30 DEC       | WED 31 DEC             | THURS 1 JAN | FRI 2 JAN                           | SAT 3 JAN   | SUN 4 JAN   |
| 7.30am     |                     |                   |                        | CLOSED      |                                     |             |             |
| 8.30am     |                     | Foundation        | Foundation             |             | Progression                         | Foundation  | Progression |
| 9.30am     | Foundation          | Progression       | Foundation             |             | Foundation                          | Progression |             |
| 10.30am    | Progression         | Foundation        | Progression            |             |                                     |             | Foundation  |
| 11.30am    | Progression         |                   |                        |             |                                     |             |             |
| 5pm        | Foundation          | Foundation        |                        |             |                                     |             |             |
| 6pm        | Foundation          |                   |                        |             |                                     |             |             |
| 7pm        | Progression         | Progression       |                        |             |                                     |             |             |