

CMSP GROUP FITNESS EASTER WEEKEND PUBLIC HOLIDAY TIMETABLE

TUESDAY 4 NOVEMBER 2025

PROGRAM ROOM 1	
8.30am	Activate
9.30am	Pilates
10.30am	Yin Yoga
12.30am	Virtual BodyPump

REFORMER	
9.30am	Progression
10.30am	Foundation
11.30am	Progression

AQUA FITNESS	
9.30am	Aqua Fitness
10.30am	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
 CARNEGIE MEMORIAL SWIMMING POOL
 Koornang Park, Moira Ave, Carnegie | 9575 7100

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