

GESAC GROUP FITNESS KING'S BIRTHDAY



PUBLIC HOLIDAY TIMETABLE

Monday 8 June 2026

Bookings required via member portal

STUDIO WONDER

8.30am	Body Pump
9.30am	Activate Strength
10.30am	Dance
12.00pm	Virtual Body Pump
4.00pm	Virtual Body Pump
5.00pm	Virtual Les Mills Core

STUDIO TWO

8.30am	Qigong
9.30am	Vinyasa Flow

BIKE LAB

8.30am	RPM
9.30am	Cycle
10.30am	Virtual The Trip
12.00pm	Virtual RPM
4.00pm	Virtual Sprint

REFORMER

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

AQUA

8.30am	Aqua Fitness
9.30am	Aqua Fitness

TRAINING ZONE

8.30am	Bootcamp (Stadium)
9.30am	Functional Strength

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

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



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