

GESAC GROUP EXERCISE AFL GRAND FINAL PUBLIC HOLIDAY TIMETABLE

Friday 25 September 2026

Bookings required via member portal

STUDIO WONDER	
8.30am	Body Pump
9.30am	Activate
10.30am	Zumba

STUDIO TWO	
8.30am	Les Mills Shapes
9.30am	Les Mills Pilates
10.30am	Vinyasa Flow Yoga

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

THE BIKE LAB	
8.30am	Cycle
9.30am	RPM

TRAINING ZONE	
8.15am	Bootcamp (Stadium)

AQUA	
8.30am	Aqua Fitness
9.30am	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

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