

CMSP GROUP EXERCISE

AUSTRALIA DAY

PUBLIC HOLIDAY TIMETABLE

Monday 26 January 2026

Bookings required via member portal

PROGRAM ROOM 1	
8.30am	Body Pump
9.30am	Les Mills Shapes
12.00pm	Virtual Body Pump

REFORMER	
8.30am	Foundation
9.30am	Progression
10.30am	Foundation

CMSP MIND AND BODY	
9.30am	Flow Yoga
10.30am	Restorative Yoga

AQUA	
8.30am	Aqua HIIT
9.15am	Aqua Tone

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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