

CMSP GROUP EXERCISE

AFL GRAND FINAL

PUBLIC HOLIDAY TIMETABLE

Friday 25 September 2026

Bookings required via member portal

PROGRAM ROOM 1	
8.15am	Mobilise
9.30am	Body Pump
10.30am	Slow Flow Yoga

	REFORMER
8.30am	Foundation
9.30am	Progression
10.30am	Progression

AQUA	
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