

# GESAC GROUP FITNESS AUSTRALIA DAY PUBLIC HOLIDAY TIMETABLE

Friday 26 January

Bookings required via member portal

## STUDIO WONDER

8.30am	Activate Strength
9.30am	Tummy, Hips & Thighs
10.30am	BodyPump
12.00pm	Virtual BodyPump
4.00pm	Virtual BodyPump
5.00pm	Virtual Les Mills Core

## REFORMER

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

## TRAINING ZONE

9.30am	HIIT
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## STUDIO TWO

9.30am	Mat Pilates
10.30am	Flow Yoga
12.00pm	Virtual BodyBalance

## THE BIKE LAB

8.30am	Cycle
9.30am	Cycle
12.00pm	Virtual The Trip
4.00pm	Virtual Sprint
5.00pm	Virtual The Trip

## 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

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