

AFL GRAND FINAL PUBLIC HOLIDAY TIMETABLE

Friday 26 September 2025

Bookings required via member portal

STUDIO WONDER

8.30am	Activate
9.30am	Body Pump
10.30am	Zumba

STUDIO TWO

8.30am	Yin Yoga
9.30am	Pilates
10.30am	Vinyasa Flow Yoga

REFORMER

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

THE BIKE LAB

8.30am	RPM
9.30am	Cycle

TRAINING ZONE

8.30am	Functional Strength
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AQUA

8.30am	Aqua Fitness
9.30am	Aqua HIIT

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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