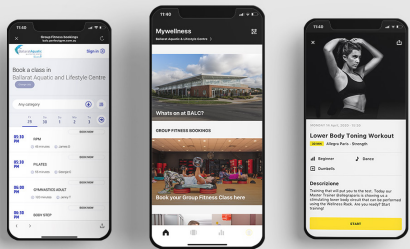




SCAN THE QR CODE TO VIEW CLASS DESCRIPTIONS AND BOOK ONLINE



DOWNLOAD OUR MYWELLNESS APP TODAY!

- Use our Mywellness app to:
- access your personalised program
 - book and manage your Group Fitness classes
 - track exercise inside and outside of BALC
 - take part in member challenges and workouts

AVAILABLE FOR FREE ON YOUR APPLE OR ANDROID DEVICE



GROUP FITNESS TIMETABLE

STUDIO 1							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump Kat	Fit45 Zoe	Fitbox45 Michelle	BodyPump Michelle	Fit45 Michelle		
8:30AM						BodyPump Samantha	Fitbox45 Zoe
9:30AM	Fitbox45 Mel	BodyPump Teymara	Fit45 Mel	BodyPump Teymara	Fit45 Mel	Fit45 Roster	BodyPump Roster
10:35AM	BodyPump Roster	Pilates Georgie	Pilates Sarah	Pilates Basics Sarah	BodyPump Kat	Pilates Georgie	
11:45AM	Low Impact Andrea	Low Impact Roster	Low Impact Andrea	Low Impact Cherie	Low Impact Georgie		
5:30PM	Fit45 Mel	BodyPump Keiran	BodyPump Samantha	Fitbox45 Mel	Pilates Georgie		
6:35PM	BodyPump Samantha	Pilates Sarah	Pilates Georgie	BodyPump Kat	Step Georgie		

STUDIO 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM						Yoga Roster	
9:30AM	Fitball Pilates Georgie	Barre Georgie	Yoga Michelle B	Barre Cherie	Pilates Sarah	Barre Georgie	Barre Zoe
10:35AM	Pilates Sarah	Yoga Basics Roster				Fitball Pilates Georgie	
11:45AM			Gently Active Georgie				
5:30PM	Yoga Basics Michelle Mac	Barre Georgie	Fitball Pilates Georgie				
6:35PM	Pilates Sarah		Yoga Michelle Mac	Barre Georgie			
7:40PM			Meditation Michelle Mac				

STUDIO 2 - CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM				RPM Cyndi			
8:30AM						RPM Sarah	RPM Cyndi
9:30AM	RPM Teymara	RPM Cyndi	RPM Sarah	RPM Lolita	RPM Teymara		
10:25AM	Active Ageing Cycle Teymara						
5:30PM	RPM Sarah	RPM Sarah	RPM Lolita				

AQUA							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM	Aqua Fit Megan					Deep Water Run Georgie	
9:30AM	Aqua Fit Megan	Aqua Fit Gab	Aqua Fit Megan	Deep Water Run Georgie	Aqua Fit Gab		
10:30AM	Deep Water Run Georgie	Warm Water Workout Gab	Deep Water Run Megan Warm Water Basics Cyndi	Warm Water Workout Georgie	Aqua Fit Gab		
11:45AM	Warm Water Workout Georgie						
5:30PM				Deep Water Run Georgie			
6:35PM		Deep Water Run Georgie					

- 25m Pool
- 50m Pool
- Multipurpose Pool

GYMNASSTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
11:00AM		Active Ageing Gymnastics					
6:00PM				Teen Gymnastics			