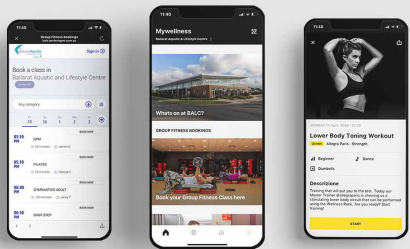




**SCAN THE QR CODE
TO VIEW CLASS
DESCRIPTIONS AND
BOOK ONLINE**



**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		Fitbox45 Michelle	BodyPump Michelle	Fit45 Michelle		
8:30AM							
9:30AM	Step Georgie	BodyPump Cyndi	Fit45 Mel	BodyPump Lolita	Fit45 Mel		BodyPump Roster
10:35AM	BodyPump Gab	Fitbox45 Mel	Pilates Sarah		BodyPump Kat	Pilates Georgie	
11:45AM	Low Impact Andrea	Low Impact Gab	Low Impact Andrea	Low Impact Cherie	Low Impact Georgie		
5:30PM	BodyPump Lolita	BodyPump Keiran	BodyPump Gab	Fitbox45 Mel	Pilates Georgie		
6:35PM		Pilates Sarah	Pilates Georgie	BodyPump Kat			

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

STUDIO 2 - CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM		RPM Zoe S		RPM Cyndi			
8:30AM						RPM 60 Sarah	RPM Cyndi
9:30AM	RPM Cyndi	RPM Lolita	Sprint Gab	RPM Tay	RPM Sarah		
10:30AM		Active Ageing Cycle Cyndi		Active Ageing Cycle Tay	Sprint Gab		
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 Cyndi	Aqua Fit Gab		
					Warm Water Basics Cyndi		
10:30AM	Deep Water Run Georgie	Warm Water Workout Gab	Deep Water Run Megan	Warm Water Workout Georgie	Aqua Fit Georgie		
	Warm Water Basics Megan		Warm Water Basics 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			

Timetable effective from 23 September 2024. Subject to change. All Gold members can access Group Fitness classes as part of their membership. BodyPump minimum age 16 years, all other classes minimum age 13 years. All classes must be booked via our website at www.ballarataquaticcentre.com.