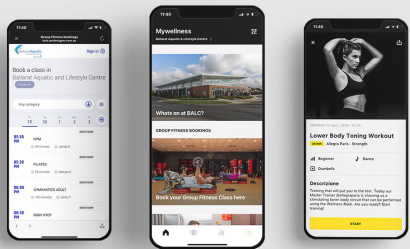




SCAN THE QR CODE TO VIEW CLASS DESCRIPTIONS AND BOOK ONLINE



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



XMAS GROUP FITNESS TIMETABLE

23 DECEMBER 2024 - 5 JANUARY 2025

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6.10		BODYPUMP RPM						
8.30	AQUA FIT					RPM 60 YOGA DEEP WATER RUN	RPM HATHA YOGA	
9.30	STEP RPM HATHA YOGA AQUA FIT	BODYPUMP PILATES		BODYPUMP RPM HATHA YOGA	FITBOX FITBALL PILATES	BARRE		
10.35	BODYPUMP ACTIVE AGEING CYCLE PILATES DEEP WATER RUN WARM WATER BASICS	FITBOX45 FITBALL PILATES	CENTRE CLOSED					
11.45	LOW IMPACT WARM WATER WORKOUT	LOW IMPACT		LOW IMPACT	LOW IMPACT			
5.30	BODYPUMP YOGA BASICS							
6.35	BODYBALANCE							
8.30	AQUA FIT					RPM 60 YOGA DEEP WATER RUN	RPM HATHA YOGA	
9.30	STEP RPM YOGA	RPM PILATES AQUA FIT	FIT45 RPM YOGA	BODYPUMP RPM BARRE	BODYCOMBAT RPM FITBALL PILATES AQUA FIT	BARRE	BODYPUMP	
10.35	BODYPUMP ACTIVE AGEING CYCLE PILATES DEEP WATER RUN	FITBOX45 FITBALL PILATES WARM WATER WORKOUT	PILATES FITBALL BASICS	FIT45 ACTIVE AGEING CYCLE PILATES BASICS WARM WATER WORKOUT	BODYPUMP SPRINT PILATES AQUA FIT	PILATES		
11.45	LOW IMPACT	LOW IMPACT	LOW IMPACT CHAIR YOGA	LOW IMPACT	LOW IMPACT			
5.30								

STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

*All Gold members can access Group Fitness classes as part of their membership. BodyPump minimum age 16, all other classes minimum age 13. All classes must be booked via our website at www.ballaratquaticcentre.com