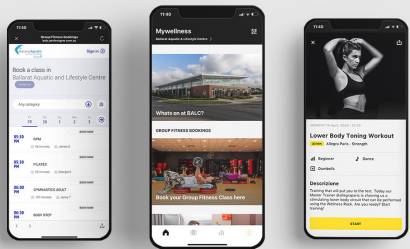




**SCAN THE QR CODE
TO VIEW CLASS
DESCRIPTIONS AND
BOOK ONLINE**



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

STUDIO 2 - CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM		RPM Zoe S		Sprint Dan			
8:30AM						RPM 60 Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Lolita	Sprint Gab	RPM Dan	RPM Sarah		
10:30AM	Active Ageing Cycle Tay				Sprint Dan		
5:30PM	RPM Sarah		RPM Lolita	RPM Sarah	Sprint Dan		

GYMNASTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
11:00AM		Active Ageing Gymnastics					
7:00PM				Teen Gymnastics			

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

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

- 25m Pool
- 50m Pool
- Multipurpose Pool