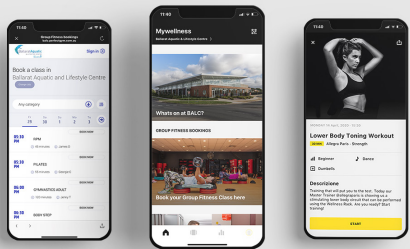




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**GROUP FITNESS  
TIMETABLE**

| STUDIO 1 |                      |                   |                      |                      |                       |                    |                    |
|----------|----------------------|-------------------|----------------------|----------------------|-----------------------|--------------------|--------------------|
|          | MON                  | TUES              | WED                  | THURS                | FRI                   | SAT                | SUN                |
| 6:10AM   | Fit45<br>Dan         | BodyPump<br>Kay   | Fitbox45<br>Michelle | BodyPump<br>Michelle | Fit45<br>Michelle     |                    |                    |
| 9:30AM   | Step<br>Georgie      | BodyPump<br>Gab   | Fit45<br>Mel         | BodyPump<br>Lolita   | BodyCombat<br>Dan     |                    | BodyPump<br>Roster |
| 10:35AM  | BodyPump<br>Gab      | Fitbox45<br>Mel   | Pilates<br>Sarah     | Fit45<br>Dan         | BodyPump<br>Kat       | Pilates<br>Georgie |                    |
| 11:45AM  | Low Impact<br>Andrea | Low Impact<br>Gab | Low Impact<br>Andrea | Low Impact<br>Sarah  | Low Impact<br>Georgie |                    |                    |
| 5:30PM   | BodyPump<br>Lolita   | BodyCombat<br>Dan | BodyPump<br>Gab      | Fit45<br>Mel         | Pilates<br>Georgie    |                    |                    |
| 6:35PM   | Pilates<br>Sarah     | BodyPump<br>Kat   | Pilates<br>Georgie   |                      | Fit45<br>Dan          |                    |                    |

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

| GYMNASTICS HALL |     |                             |     |                             |     |     |     |
|-----------------|-----|-----------------------------|-----|-----------------------------|-----|-----|-----|
|                 | MON | TUES                        | WED | THURS                       | FRI | SAT | SUN |
| 12:00PM         |     | Active Ageing<br>Gymnastics |     | Active Ageing<br>Gymnastics |     |     |     |
| 7:00PM          |     |                             |     | Teen<br>Gymnastics          |     |     |     |

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

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

- 25m Pool
- 50m Pool
- Multipurpose Pool