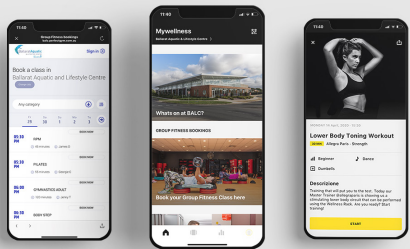




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- access your personalised program
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 - track exercise inside and outside of BALC
 - take part in member challenges and workouts

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**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 Samantha | 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 Samantha | 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 Dan | RPM Dan | RPM Sarah | | |
| 10:30AM | Active Ageing Cycle Tay | | | | | | |
| 5:30PM | RPM Sarah | | RPM Lolita | RPM Sarah | Sprint Dan | | |

| GYMNASTICS HALL | | | | | | | |
|-----------------|-----|-----------------------------|-----|-----------------------------|-----|-----|-----|
| | MON | TUES | WED | THURS | FRI | SAT | SUN |
| 12:00PM | | Active Ageing Gymnastics | | 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 | Yoga Nidra Meghana | | |

| AQUA | | | | | | | |
|---------|------------------------------|------------------------------|------------------------------|----------------------------------|---------------------|------------------------------|-----|
| | MON | TUES | WED | THURS | FRI | SAT | SUN |
| 8:30AM | Aqua Fit Georgie | | | | | Deep Water Run Georgie | |
| 9:30AM | | | Warm Water Workout Gab | | | | |
| 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 | | | | | | |
| 5:30PM | | | | Deep Water Run Georgie | | | |
| 6:35PM | | Deep Water Run Georgie | | | | | |

- 25m Pool
- 50m Pool
- Multipurpose Pool