

Group Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM		LES MILLS RPM [Studio 2]					
7:00AM						STAGES FLIGHT™ [Studio 2]	
8:50AM		metafit™ [Studio 1]		KIBOX COMBO -EXPRESS- [Studio 1]			
9:00AM							LES MILLS BODYSTEP [Studio 1]
9:25AM		Aqua ACTION [25m Pool]					
10:00AM							
10.30AM	Pilates [Studio 3]		LES MILLS BODYPUMP [Studio 1]				
11:00AM					YOGA + MEDITATION [Studio 3]		
4:00PM		LOW IMPACT BASICS [Studio 1]					
5:30PM				LES MILLS BODYCOMBAT [Studio 1]	LES MILLS CXWORX [Studio 1]		
6:00PM				STAGES FLIGHT™ [Studio 2] ADULT Gymnastics	LES MILLS RPM [Studio 2]		
7:30PM	LES MILLS BODYBALANCE [Studio 1]						

Active April Terms & Conditions

- All children under the age of 10yrs must be actively supervised by a parent/guardian over the age of 16yrs.
- Any child under the age of 5yrs must be within arms reach of a parent/guardian over the age of 16yrs at all times.
- All patrons must abide by the Health Club Etiquette and Group Fitness Guidelines policies.
- Group Fitness classes exclude public holidays.
- Any unused visits are not redeemable after 30 April 2018.
- Membership applications must be completed by close of business on Sunday 30 April 2018.
- Free 10 Visit Pass to BALC is activated on Sunday 1 April 2018.
- Full details of Premier's Active April available at www.activeapril.vic.gov.au
- For more information about BALC visit www.ballarataquaticcentre.com

Must be 16yrs of age or older to access the Health Club, Spa and Steam Room. Participants must be 14yrs of age to access Group Fitness classes (excl BODYPUMP - 16yrs of age or older).

