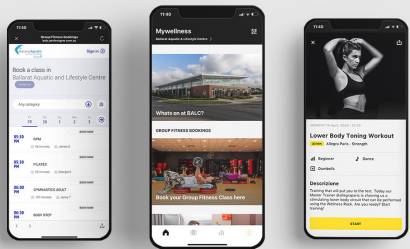




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 - track exercise inside and outside of BALC
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GROUP FITNESS TIMETABLE

STUDIO 1							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump Kat	Fit45 Kay	Fitbox45 Victor		Fit45 Zoe		
8:05AM							Fitbox45 Cherie
9:00AM						BodyPump Samantha	BodyPump Cyndi
9:30AM	Fitbox45 Sarah	BodyPump Teymara	Fit45 Mel	BodyPump Teymara	Fit45 Mel		
10:30AM						Pilates Georgie	
10:35AM	Powerbar Victor	Fit45 Cherie	Pilates Sarah	Core Cherie	BodyPump Kat		
11:45AM	Low Impact Basics Andrea	Low Impact Basics Cherie	Low Impact Basics Victor	Dance Basics Victor	Low Impact Basics Georgie		
5:30PM	Fit45 Mel	BodyPump Keiran	BodyPump Samantha		Pilates Georgie		
6:35PM	BodyPump Zoe	Pilates Sarah	Core Samantha	BodyPump Kat	Step Georgie		

STUDIO 2							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	RPM Cyndi	RPM Zoe	Virtual Flight	RPM Cyndi	Virtual Flight		
9:00AM						RPM Sarah	
9:30AM	RPM Teymara	RPM Cyndi	RPM Sarah	Virtual Flight	RPM Teymara		
10:00AM							Stages Flight Cyndi
5:30PM	RPM Sarah	Stages Flight Sarah					
6:00PM			Virtual Flight	Stages Flight Zoe			

 Virtual Class

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

AQUA							
	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30AM	Aqua Action Megan		Aqua Action Megan	Aqua Run Georgie	Water Workout Gabrielle		
10:30AM	Aqua Run Georgie	Aqua Movers Kim		Gentle Warm Water Georgie	Aqua Action Gabrielle		
11:45AM	Gentle Warm Water Kim						
5:30PM				Aqua Run Georgie			
6:30PM		Aqua Run Georgie					

GYMNASTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00PM				Teen Gymnastics			
7:00PM				Adult Gymnastics			