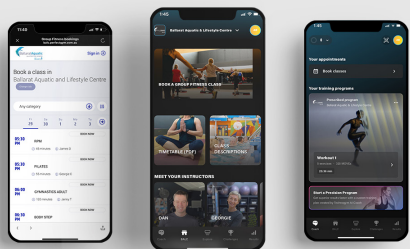




**SCAN THE QR CODE
TO VIEW CLASS
DESCRIPTIONS AND
BOOK ONLINE**



**DOWNLOAD THE BALC X
TECHNOGYM APP TODAY!**

- Use the Technogym app to:
- access your personalised program
 - book and manage your group fitness classes
 - track exercise inside and outside of BALC
 - suspend or cancel your membership
 - view upcoming pool closures and events

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		
8:30AM							Hatha Yoga Meghana
9:30AM	Step Georgie	Strength Development Gab	Fit45 Mel	BodyPump Lolita	BodyCombat Dan	BodyPump Samantha	Fit45 Casey
10:35AM	BodyPump Gab	Fitbox45 Mel	Pilates Sarah	Fit45 Dan	BodyPump Kat	Pilates Georgie	Pilates Casey
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	Strength Development Pete			

STUDIO 2 - CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM		RPM Zoe		Sprint Dan			
8:30AM						RPM Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Lolita	Sprint Dan	RPM Dan	RPM Sarah		
10:30AM	Open Ride Tay						
5:30PM	RPM Sarah		RPM Lolita	RPM Sarah			

GYMNASTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
12:00PM		Gentle Gymnastics		Gentle Gymnastics			
7:00PM				Teen Gymnastics			

STUDIO 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	Hatha Yoga Meghana				Hatha Yoga Meghana		
8:30AM						Yoga Michelle B	Mindful Meditation Mark
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		Chair Yoga Meghana	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		Warm Water Basics Gill		Warm Water Basics Gill		Deep Water Run Georgie	
9:30AM		Deep Water Run Gill	Aqua Fit Pete	Deep Water Run Gill	Warm Water Workout Pete		
10:30AM	Deep Water Run Georgie	Aqua Fit Gab	Warm Water Workout Pete	Warm Water Workout Georgie	Aqua Fit Georgie		
5:30PM				Deep Water Run Georgie			
6:35PM	Deep Water Run Megan	Aqua Fit Georgie					

- 25m Pool
- 50m Pool
- Multipurpose Pool