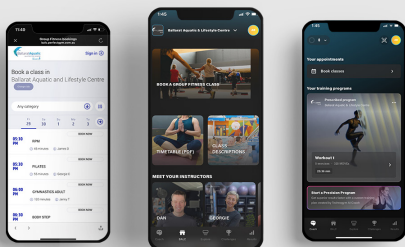




**SCAN THE QR CODE  
TO VIEW CLASS  
DESCRIPTIONS AND  
BOOK ONLINE**



**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	Strength Development Pete	Functional Fit Dan	BodyPump Cyndi	GRIT Pete	Total HIIT Delaney		
8:30AM							Pranayama Breathwork Meghana
9:30AM	Step Georgie	Strength Development Gab	Fit45 Mel	BodyPump Lolita	GRIT Cyndi	BodyPump Samantha	Fit45 Casey
10:35AM	BodyPump Gab	GRIT Pete	Pilates Sarah	Total HIIT Delaney	BodyPump Kat	Pilates Georgie	Pilates Casey
11:45AM	Low Impact Georgie	Low Impact Gab	Low Impact Andrea	Low Impact Pete	Low Impact Georgie		
5:30PM	BodyPump Lolita	Functional Fit Pete	BodyPump Samantha	Total HIIT Delaney	Pilates Georgie		
6:35PM	Pilates Sarah	BodyPump Kat	Pilates Georgie	Strength Development Pete			

STUDIO 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	Pranayama Breathwork Meghana				Hatha Yoga Meghana		
8:30AM						Yoga Michelle B	Mindful Meditation Mark
9:30AM	Yoga Sarah	Pilates Georgie	Yoga Michelle B	Barre Georgie	Power Fitball Georgie	Barre Georgie	
10:35AM	Pilates Sarah	Power Fitball 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	Power Fitball Georgie	Yoga Nidra Meghana			
6:35PM	Yoga: Level 1 Michelle Mac	Yoga: Level 2 Michelle Mac	Yoga: Level 1 Michelle Mac	Barre Georgie			

STUDIO 2 - CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	RPM Dan	RPM Zoe	Sprint Dan				
8:30AM						RPM Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Lolita	RPM Cyndi	Sprint Dan	RPM Sarah		
10:30AM	Open Ride Tay		Open Ride Cyndi				
5:30PM	RPM Sarah		RPM Lolita				
6:00PM		Sprint Dan		RPM Sarah			

AQUA							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM	Warm Water Workout Delaney	Warm Water Basics Gill		Warm Water Basics Gill		Deep Water Run Georgie	
9:30AM	Aqua Fit Delaney	Deep Water Run Gill	Aqua Fit Pete	Deep Water Run Gill	Warm Water Workout Pete	<div> <div></div>25m Pool           </div> <div> <div></div>50m Pool           </div> <div> <div></div>Multipurpose Pool           </div>	
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 Pete		Aqua Fit Delaney			

GYMNASTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
12:00PM		Gentle Gymnastics		Gentle Gymnastics			
12:10PM			Gentle Gymnastics				
7:00PM				Teen Gymnastics			

Timetable effective from 18 August 2025. Subject to change. All Gold members can access Group Fitness classes as part of their membership. BodyPump minimum age 16 years, all other classes minimum age 13 years. All classes must be booked via our website [atballarataquaticcentre.com](http://atballarataquaticcentre.com).