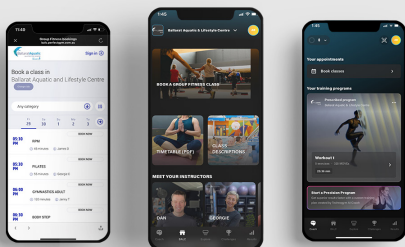




**SCAN THE QR CODE
TO VIEW CLASS
DESCRIPTIONS AND
BOOK ONLINE**



**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		
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	Hatha Yoga Alison						
8:30AM				Yoga & Sound Bath Julia		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 Michelle Mac	Hatha Yoga Jack	Gently Active Georgie	Hatha Yoga Jack			
5:30PM	Yoga Basics Michelle Mac	Barre Georgie	Power Fitball Georgie		Yin Yoga Alison		
6:35PM	BodyBalance Kay	Yoga: Level 1/2 Michelle Mac	BodyBalance Kay	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	25m Pool 50m Pool Multipurpose Pool	
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					
12:10PM			Gentle Gymnastics				
6:10PM					Rock Wall		
7:00PM	Rock Wall (7:10pm)			Teen Gymnastics			