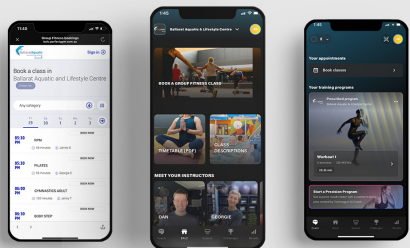




**SCAN THE QR CODE  
TO VIEW CLASS  
DESCRIPTIONS AND  
BOOK ONLINE**



**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			GRIT Pete	Functional Fit Dan		
8:30AM		SMASH Lolita			BodyPump Lolita		
9:30AM	Step Georgie	Strength Development Gab	Fit45 Mel	BodyPump Lolita	GRIT Cyndi	BodyPump Samantha	Fit45 Casey
10:35AM	BodyPump Gab	Zumba Elaine	Pilates Sarah	GRIT Pete	BodyPump Kat	Pilates Georgie	Pilates Casey
11:45AM	Low Impact Georgie	Low Impact Gab	Low Impact Andrea	Low Impact Pete	Low Impact Georgie		
3:30PM							BodyPump Elaine
4:30PM							BodyBalance Elaine
5:30PM	BodyPump Lolita	Functional Fit Pete	BodyPump Samantha	Zumba Elaine	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	RPM Dan		Virtual Advanced	
8:30AM	Virtual Advanced	Virtual Beginner	Virtual Intermediate	Virtual Beginner	Virtual Intermediate	RPM Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Lolita	RPM Cyndi	Sprint Dan	RPM Sarah	Virtual Intermediate	Virtual Intermediate
10:30AM	Open Ride Tay	Virtual Advanced	Open Ride Cyndi	Virtual Intermediate	Virtual Beginner	Virtual Beginner	Virtual Beginner
5:30PM	RPM Sarah	Virtual Intermediate	RPM Lolita	Virtual Beginner	Virtual Advanced		
6:00PM		Sprint Dan		RPM Sarah			
6:35PM	Virtual Intermediate		Virtual Advanced				

Virtual Cycle (bookings required).

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	Pranayama Breathwork Erin	
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 Erin	Yin Yoga Alison		
6:35PM	BodyBalance Kay	Yoga: Level 1/2 Michelle Mac	BodyBalance Kay	Barre Georgie	Slow Flow Yoga Erin		

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	<div></div> 25m Pool <div></div> 50m Pool <div></div> 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					

Timetable effective from 15 December 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.