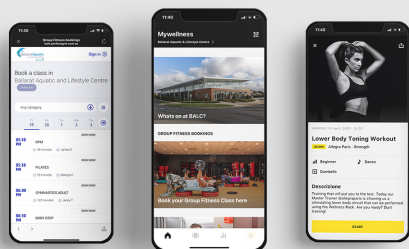




**SCAN THE QR CODE
TO VIEW CLASS
DESCRIPTIONS AND
BOOK ONLINE**



**DOWNLOAD OUR
MYWELLNESS APP TODAY!**


- Use our Mywellness app to:
- access your personalised program
 - book and manage your Group Fitness classes
 - track exercise inside and outside of BALC
 - take part in member challenges and workouts

AVAILABLE FOR FREE ON YOUR APPLE OR ANDROID DEVICE



**CHRISTMAS
GROUP FITNESS
TIMETABLE**

22 DECEMBER 2025 – 4 JANUARY 2026

	MON 22 DEC	TUES 23 DEC	WED 24 DEC	THURS 25 DEC	FRI 26 DEC	SAT 27 DEC	SUN 28 DEC	
6.10	STRENGTH DEV HATHA YOGA	RPM				VIRTUAL CYCLE		
8:30	VIRTUAL CYCLE	SMASH VIRTUAL CYCLE	VIRTUAL CYCLE			BODYPUMP RPM	RPM YOGA	RPM
9:30	STEP RPM BODYBALANCE AQUA FIT	STRENGTH DEV RPM PILATES	FIT45 VIRTUAL CYCLE YOGA AQUA FIT			GRIT VIRTUAL CYCLE FITBALL BASICS WARM WATER WORKOUT	STRENGTH DEV VIRTUAL CYCLE YIN YOGA	FIT45 VIRTUAL CYCLE
10:35	BODYPUMP OPEN RIDE PILATES DEEP WATER RUN	GRIT VIRTUAL CYCLE POWER FITBALL AQUA FIT	PILATES FITBALL BASICS WARM WATER WORKOUT			BODYPUMP VIRTUAL CYCLE PILATES AQUA FIT	BODYBALANCE VIRTUAL CYCLE	PILATES VIRTUAL CYCLE
11:45	LOW IMPACT CHAIR YOGA	LOW IMPACT HATHA YOGA	LOW IMPACT			LOW IMPACT		
3:30							BODYPUMP	
4:30							BODYBALANCE	
5:30	BODYPUMP RPM YOGA BASICS	FUNCTIONAL FIT VIRTUAL CYCLE BARRE						
6:00		SPRINT						
6:35	BODYBALANCE VIRTUAL CYCLE PILATES DEEP WATER RUN	BODYPUMP YOGA AQUA FIT						
	MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN	
6:10	STRENGTH DEV HATHA YOGA	RPM	SPRINT		FUNCTIONAL FIT	VIRTUAL CYCLE		
8:30	VIRTUAL CYCLE	RPM WARM WATER BASICS	VIRTUAL CYCLE	HATHA YOGA VIRTUAL CYCLE WARM WATER BASICS	BODYPUMP RPM	RPM YOGA DEEP WATER RUN	VIRTUAL CYCLE MINDFUL MEDITATION	
9:30	STEP RPM YOGA	STRENGTH DEV VIRTUAL CYCLE PILATES DEEP WATER RUN	FIT45 RPM YOGA AQUA FIT	STRENGTH DEV SPRINT YOGA DEEP WATER RUN	GRIT VIRTUAL CYCLE POWER FITBALL WARM WATER WORKOUT	BODYPUMP VIRTUAL CYCLE BARRE	FIT45 VIRTUAL CYCLE	
10:35	BODYPUMP OPEN RIDE PILATES DEEP WATER RUN	ZUMBA VIRTUAL CYCLE POWER FITBALL AQUA FIT	FITBALL BASICS OPEN RIDE YIN YOGA WARM WATER WORKOUT	VIRTUAL CYCLE PILATES BASICS WARM WATER WORKOUT	PILATES VIRTUAL CYCLE AQUA FIT	PILATES VIRTUAL CYCLE PRANAYAMA	PILATES VIRTUAL CYCLE	
11:45	LOW IMPACT CHAIR YOGA	LOW IMPACT HATHA YOGA	LOW IMPACT	LOW IMPACT HATHA YOGA	LOW IMPACT			
3:30							BODYPUMP	
4:30							BODYBALANCE	
5:30					PILATES VIRTUAL CYCLE YIN YOGA			
6:35					SLOW FLOW			

STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

*All Gold members can access Group Fitness classes as part of their membership. BodyPump minimum age 16, all other classes minimum age 13. All classes must be booked via our website at www.ballaratquaticcentre.com