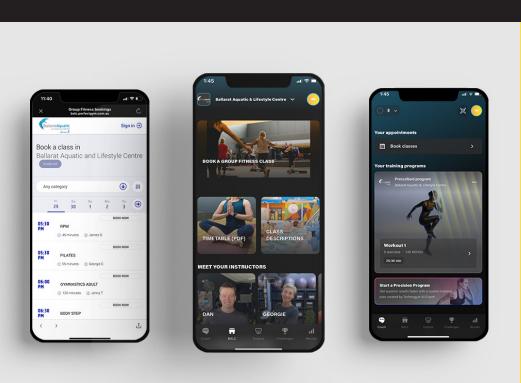




SCAN THE QR CODE
TO VIEW CLASS
DESCRIPTIONS AND
BOOK ONLINE



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		Strength Development Pete	Functional Fit Dan		
8:30AM	Pilates Georgie	FitBox Dan					
9:30AM	Zumba Elaine	Strength Development Gab	Fit45 Mel	BodyPump Elaine	Step Georgie	BodyPump Samantha	Fit45 Casey
10:35AM	BodyPump Gab	Zumba Elaine	Pilates Sarah	GRIT Pete	BodyPump Kat	Pilates Georgie	Pilates Casey
11:45AM	Low Impact Kay	Low Impact Gab	Low Impact Andrea	Low Impact Pete	Low Impact Georgie		
3:30PM						BodyPump Elaine	
4:30PM							BodyBalance Elaine
5:30PM	FitBox Mel	Functional Fit Pete	BodyPump Samantha	Zumba Elaine	Yin Yoga Alison		
6:35PM	Pilates Sarah	BodyPump Kat	Pilates Georgie	Strength Development Pete			

STUDIO 2 - CYCLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	RPM Dan	RPM Zoe	Sprint Dan			Virtual Advanced	
7:10AM		RPM Zoe					
8:30AM	Virtual Advanced	Virtual Beginner	Virtual Intermediate	Virtual Beginner	RPM Sarah	RPM 60 Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Dan	RPM Cyndi	Sprint Dan	Summit Cyndi	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			Virtual Advanced		
6:00PM			Virtual Advanced	RPM Sarah			

Virtual Cycle (bookings required).

STUDIO 3

	MON	TUES	WED	THURS	FRI	SAT	SUN	
8:30AM					Yoga & Sound Bath Julia	Hatha Yoga Alison	Yoga Michelle B	Mindful Meditation Mark
9:30AM		Yoga Sarah	Pilates Georgie	Yoga Michelle B	Barre Georgie	Pilates Sarah	Barre Georgie	Restorative Yoga Michelle B
10:35AM		Pilates Sarah	Pilates Plus Georgie	Fitball Pilates Andrea	Pilates Basics Sarah	Barre Georgie	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	Pilates Plus Georgie	Yin Yoga Erin			
6:35PM		BodyBalance Kay	Yoga: Level 1/2 Michelle Mac	BodyBalance Kay	Pilates 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		Aqua Fit Georgie	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		
5:30PM					Deep Water Run Georgie		
6:35PM		Deep Water Run Megan	Aqua Fit Pete				

25m Pool

50m Pool

Multipurpose Pool

GYMNASIUM HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
12:00PM			Gentle Gymnastics		Gentle Gymnastics		
6:10PM						Rock Wall	
7:00PM					Teen Gymnastics		