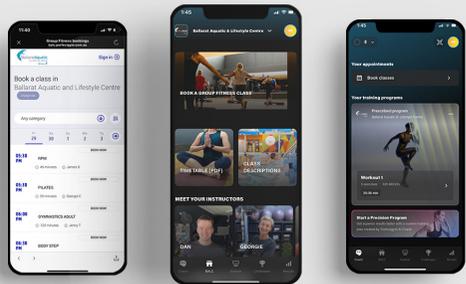




**SCAN THE QR CODE  
TO VIEW CLASS  
DESCRIPTIONS AND  
BOOK ONLINE**



**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	Stength Development Pete	GRIT Pete		Stength Development Pete	Functional Fit Dan		
8:30AM	Pilates Georgie	FitBox Dan	BodyPump Lolita				
9:30AM	Zumba Elaine	Stength Development Gab	Fit45 Mel	BodyPump Lolita	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	BodyPump Lolita	Functional Fit Pete	BodyPump Samantha	Zumba Elaine	Yin Yoga Alison		
6:35PM	Pilates Sarah	BodyPump Kat	Pilates Georgie	Stength 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				Hatha Yoga Jack	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		Gently Active Georgie	Yoga & Sound Bath Julia			
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

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