



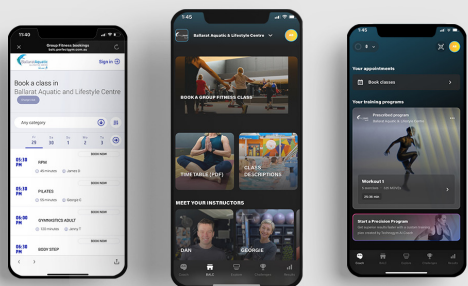
**GROUP FITNESS
BOOKING POLICY**



**CLASS DESCRIPTIONS
AND BOOK ONLINE**



**FEEDBACK AND
COMPLAINTS**



**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	Fit45 Pete		BodyPump HEAVY Zoe	Functional Fit Dan		
8:30AM	Pilates Georgie		BodyPump Lolita	Shapes Zoe			
9:30AM	Zumba Elaine	Strength Development Gab	Fit45 Mel	BodyPump Lolita	Step Georgie	BodyPump Roster	Fit45 Casey
10:35AM	BodyPump Gab	BodyBalance Elaine	Pilates Sarah	Step Georgie	BodyPump Kat	Pilates Georgie	Pilates Casey
11:45AM	Low Impact Kay	Low Impact Gab	Low Impact Roster	Low Impact Pete	Low Impact Georgie		
3:30PM							BodyPump Elaine
4:30PM							BodyBalance Elaine
5:30PM	BodyPump HEAVY Lolita	Functional Fit Pete		Zumba Elaine	Shapes Zoe		
6:35PM	Pilates Sarah	Strength Development Pete	Pilates Georgie	BodyPump Kat			

STUDIO 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM				Hatha Yoga Jack	Hatha Yoga Alison	Yoga Michelle B	Guided 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		Pilates Basics Sarah	Barre Georgie		
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 Alison		
6:35PM	BodyBalance Kay	Yoga: Level 1/2 Michelle Mac	BodyBalance Kay	Pilates Sarah			

STUDIO 2 - CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM		RPM Zoe	HIIT Cycle Dan			Virtual Advanced	
8:30AM	Virtual Advanced	Virtual Beginner	Virtual Intermediate	Virtual Beginner		RPM 60 Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Lolita	RPM Sarah	Summit Zoe	Summit Cyndi	Virtual Intermediate	Virtual Intermediate
10:30AM	Open Ride Tay	Virtual Advanced	Virtual Beginner		Virtual Beginner	Virtual Beginner	Virtual Beginner
5:30PM	RPM Sarah	Virtual Intermediate	RPM Lolita	RPM Sarah	Virtual Advanced		

 Virtual Cycle (bookings required).

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		
		Aqua Zumba Elaine	Deep Water Run Cyndi				
10:30AM	Deep Water Run Georgie	Aqua Fit Gab	Warm Water Workout Pete	Warm Water Workout Pete			
	Aqua Zumba Elaine						
6:35PM	Deep Water Run Megan	Deep Water Run Georgie		Aqua Fit Pete			

-  25m Pool
-  50m Pool
-  Multipurpose Pool

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