

# GROUP FITNESS TIMETABLE 18TH SEPTEMBER

Until Sunday 10th December

BODY & SOUL MEMBERS RECEIVE  
A DISCOUNT AT **DELICIOUSLY GOOD BEAUTY** LOCATED AT THE CLUB

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
6.05am	Tummy Hips Thighs Kim L		Step Kim K	STEEL TRAINING Kim K	KMAX BOXING Shane	8.15am	Cycle Abby	Starts Oct 1st 9.30am Hiit & Functional Rhiannon and Larissa	
	functional fitness FA Larissa FA	HIIT Shane	Cycle Larissa	HIIT FA Kim L	6.30am 30mins HIIT cycle Kim		BODYCOMBAT™ Mel		
8.45am	ACTIVE ELDERERS Kyle	ACTIVE ELDERERS & LOW IMPACT Melanie				9.00am	STEEL TRAINING Mel	4.30pm	POWER HOUR Cycle Gary
9.00am	Cycle Mel		HIIT cycle Mel	Step express Mel	Cycle Mel		HIIT FA Larissa		
9.30am	STEEL TRAINING Mel	HIIT Melanie	STEEL TRAINING Mel	BODYCOMBAT™ Mel	STEEL TONIC Mel				
10.20am				STEEL TRAINING express Mel	FA HIIT Troy				
10.30am	Mums & Bubs Sammy	4.30pm HIIT Mel	4.30pm Steel Training -Mel						
5.00pm	HIIT Mel	Cycle Mel 45MINS	STEEL TONIC EXPRESS MEL	HIIT Melanie	5pm HIIT Rhiannon				
	<p>STEEL TRAINING IS A BARBELL CLASS. ITS A GREAT ALL OVER BODY TONING WORKOUT STEEL TONIC IS A BASIC STEP WORKOUT FOCUSING ON LEGS&amp;CARDIO - LIMITED COORDINATION REQUIRED</p>								
5.30pm	BODYCOMBAT™ Mel	Tummy Hips Thighs Pete	HIIT Troy	Tummy Hips Thighs Melanie	STEEL TRAINING Shane				
5.30pm and 5.45pm	5.45pm Cycle Kim K	5.45pm functional fitness Rhiannon FA	5.30pm Cycle express Gary	5.30pm functional fitness Shane FA					
6.00pm	HIIT FA Abby	Cycle Kim K	BOXING CIRCUIT & FUNCTIONAL FITNESS Rhiannon FA	Cycle Kim L	FA: FUNCTIONAL AREA				
6.15pm	STEEL TRAINING Kim L	KMAX BOXING Kim	Tummy Hips Thighs Pete	KMAX BOXING Shane	GF: GROUP FIT ROOM				
	<p>DON'T FORGET TO GRAB YOUR VIRTUAL TIMETABLE FROM RECEPTION FOR ALL YOUR EXTRA CLASSES SUCH AS WELLBEING, HIIT, AEROBICS AND ZUMBA!</p>								



Find us on...

**MEET OUR TEAM**  
 Monday - Thursday 6am to 7pm  
 Friday 6am to 6pm  
 Saturday 8am to 11am  
 Sunday 24/7 FOB REQUIRED

Thank you for choosing  
**BODY & SOUL** for your workout.  
 All 24/7 members require a current membership, towel and water.

Please email [mel@ballaratfitness.com](mailto:mel@ballaratfitness.com) should you require assistance or call 53387320 during manned hours.

Please note: Front door and car park lock at 7pm, please enter gym before if you don't have a FOB.