

STARTS MONDAY 1 OCTOBER - 9 DEC XMAS TIMETABLE STARTS 10 DEC

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
6.00am	5.45AM OPEN HOUSE HNR	Cycle Kim K	KIMAX Kim L	Cycle Kim K		8.15am	Cycle Mel	9.50am	KIMAX Gary
6.10am		STEELTRAINING Larissa		Tummy Hips Thighs Kim L			Step Larissa		
6.30am			HIIT Cycle Kim K - 30 MINS		Cycle-express Tyler - 30 MINS	9.00am	STEELTRAINING Larissa		
8.30am	OLDER ADULTS Kyle					9.50am	Cardio Pilates Monica		
9.00am	Cycle-express Mel	STEELTRAINING Mel	Step Express Mel	TRY A VIRTUAL CLASS!	Cycle Mel				
9.30am	STEELTRAINING Mel	Tummy Hips Thighs Mel	BODYCOMBAT Mel	HIIT Rhiannon	Mel's Mash Up Mel				
10.30am	<i>Mums & Bubs</i> Sam	TRY A VIRTUAL CLASS!		TRY A VIRTUAL CLASS!	<i>Mums & Bubs</i> Sam				
5.00pm	DANCE Mel Cycle-express Gary	STEELTRAINING Mel	HIIT-express Mel	BODYCOMBAT EXPRESS Mel					
5.30pm	BODYCOMBAT Mel	Tummy Hips Thighs Pete	STEELTRAINING Shane	Mel's Mash Up Mel	BODYCOMBAT Shane				
6.00pm	Cycle Kim K	Cycle Kim L	5.30PM Cycle Mel	Cycle Gary					
6.15pm	STEELTRAINING Kim L	KIMAX Shane	Tummy Hips Thighs Kim K	BARRE UNHITCHED Kim	TRY A VIRTUAL CLASS!				
7.00pm	Wellbeing Kim L	Cardio Pilates Monica	YOGA Erin						



MEET OUR TEAM

MONDAY-THURSDAY 6.30AM - 7.15PM

FRIDAY 7AM - 6.15PM

SATURDAY 8AM - 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.

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PLEASE NOTE: FRONT DOOR AND CAR PARK LOCK AT 7PM, PLEASE ENTER GYM BEFORE IF YOU DON'T HAVE A FOB.