

# GROUP FITNESS TIMETABLE

Starts 7th August -  
17th September

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	<b>Cycle</b> Larissa		<b>Cycle</b> Kim K	<b>HIIT</b> FA Kim.L		8.15am	<b>Cycle</b> Abby		
	<b>Tummy Hips Thighs</b> Kim L	<b>HIIT</b> Shane	<b>LES MILLS BODYPUMP</b> Whitney	<b>Step</b> Kim K	<b>KMAX BOXING</b> Shane		<b>HIIT #MIIT33</b> Mel/Larissa	9.15am	<b>KMAX BOXING</b> Gary
8.45am	<b>ACTIVE ELDERERS</b> Kylie	<b>ACTIVE ELDERERS &amp; LOW IMPACT</b> Melanie			<b>HIIT CYCLE</b> 6.45am 30min Kim	9.00am	<b>BODYCOMBAT</b> Mel		4.30pm <b>HIIT</b> Melanie
9.00am	<b>Cycle</b> Mel		<b>HIIT CYCLE MEL</b>		<b>Cycle</b> Mel				
9.30am	<b>STEEL TRAINING</b> Mel	<b>HIIT</b> Melanie	<b>STEEL TRAINING</b> Mel	<b>BODYCOMBAT EXPRESS</b>	<b>LES MILLS BODYPUMP</b> Mel	9.45am	<b>STEEL TRAINING</b> Express 30mins Mel		
10.20am				<b>10am STEEL TONIC EXPRESS</b>	<b>HIIT #MIIT33</b> Mel				
10.30am	<i>Mums &amp; Bubs</i> Sammy	<b>4.30PM HIIT #MIIT33</b>	<i>Mums &amp; Bubs</i> Sammy						
5.00pm	<b>HIIT #MIIT33</b> Mel	<b>Cycle</b> Mel 45MINS		<b>HIIT #MIIT33</b> Mel	<b>Cycle</b> Gary 30MINS				
<b>STEEL TRAINING IS A BARBELL CLASS. ITS A GREAT ALL OVER BODY TONING WORKOUT</b>									
5.30pm	<b>BODYCOMBAT</b> Mel	<b>Tummy Hips Thighs</b> Pete	<b>HIIT</b> Troy	<b>TUMMY HIPS THIGHS MELANIE</b>	<b>HIIT BOX</b> Shane				
5.45pm	<b>Cycle</b> Kim K	<b>FUNCTIONAL CIRCUIT - RHIANNON</b>	5.30pm <b>Cycle express</b> Gary	<b>HIIT</b> FA Shane					
6.00pm	<b>HIIT</b> FA Abby	<b>Cycle</b> Kim K	<b>BOXING CIRCUIT &amp; FUNCTIONAL FITNESS</b> Rhiannon	<b>Cycle</b> Kim L	<b>FA - FUNCTIONAL AREA GF - GROUP FIT ROOM</b>				
6.15pm	<b>STEEL TRAINING</b> Kim L	<b>KMAX BOXING</b> Kim	<b>Tummy Hips Thighs</b> Pete	<b>LES MILLS BODYPUMP</b> Whitney					
<b>DON'T FORGET TO GRAB YOUR VIRTUAL TIMETABLE FROM RECEPTION FOR ALL YOUR EXTRA CLASSES SUCH AS WELLBEING, HIIT, AEROBICS AND ZUMBA!</b>									



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.