

2021 TIMETABLE COMMENCES WEDNESDAY 27 JAN - 31 MARCH

MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES					
5.50AM	HNR STRENGTH TYLER	SRC HIIT COMING SOON	HNR STRENGTH TYLER	CYCLE LARISSA	
6AM	TUMMY HIPS THIGHS KIM.L	CYCLE KIM.L	STEEL TRAINING LARISSA STARTS FEB 4TH		HNR CIRCUIT KAY
6.30AM				SRC HIIT LARISSA	
8.30AM	SENIORS FITNESS STARTS FEB 8TH				STEEL TRAINING MEL
9AM	CYCLE MEL	HIIT MEL	COMBAT MEL	SRC HIIT MEGAN STARTS FEB 5TH	STEP MEL
9.30AM	MELS MASH UP	STEEL TONIC MEL	STEEL TRAINING MEL	BUNS N GUNS MEGAN	PILATES/YOGA ERIN
AFTERNOON CLASSES					
5PM	STEP MEL	CYCLE MEL	BUNS N GUNS MEGAN STARTS FEB 4TH	COMBAT MEL	
5.30PM	COMBAT MEL	STEEL TRAINING MEL	SRC HIIT MEGAN	MELS MASH UP	HNR BOXING GARY
6PM	HNR HIIT CIRCUIT KAY	HNR HIIT CIRCUIT GARY	HNR BOXING SHANE	HNR HIIT CIRCUIT RICK STARTS FEB 18TH	
6PM	CYCLE GARY		CYCLE KIM.L	CYCLE GARY	
6.15PM	TUMMY HIPS THIGHS PETE	HIIT STEP N WEIGHTS KIM.L	LARISSA'S MASHUP	STEEL TRAINING KIM.L	
7.15PM		YOGA ERIN STARTS FEB 3RD		YOGA ERIN STARTS FEB 5TH	

SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
MORNING CLASSES		
8.15AM	CYCLE LARISSA	
8.15AM	PILATES SALMA	BARRE/PILATES SALMA
9AM	STEEL TRAINING LARISSA	HNR BOX HIIT COMING SOON

SUMMER STAFFED HOURS 27 JANUARY - 31 MARCH


MONDAY - THURSDAY: 6AM - 7PM


FRIDAY: 9AM - 5PM

SATURDAY: 8AM - 11AM

SUNDAY: 24/7 FOB REQUIRED

- ▶ All membership holds, suspensions and cancellations must be completed in the club in person.
- ▶ The club has the right to refuse entry if your membership falls into arrears.
- ▶ Please bring a towel and water bottle to all workouts
- ▶ Please do not allow non members into the club when reception is closed.
- ▶ Rude behaviour towards staff or other members will not be tolerated instant cancellation of membership will occur.
- ▶ All members must clean up their weights and equipment.
- ▶ Stay COVID safe.

 www.ballaratfitness.com

 (03) 5338 7320

GENESIS
HEALTH + FITNESS

3AS BODY & SOUL
24/7 GYM GROUP FITNESS SUPER CLUB