

2021 TIMETABLE COMMENCES WEDNESDAY 20 FEB - 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		HNR CIRCUIT KAY
6.30AM				SRC HIIT EXPRESS LARISSA	
8.30AM	SENIORS FITNESS				STEEL TRAINING MEL
9AM	CYCLE MEL	HIIT MEL	COMBAT MEL	SRC HIIT MEGAN	STEP MEL
9.30AM	MELS MASH UP	STEEL TONIC & BANDS MEL	STEEL TRAINING MEL	BUNS N GUNS MEGAN	PILATES/YOGA ERIN
AFTERNOON CLASSES					
4:30PM	STEEL TRAINING MEL				
5PM	STEP MEL	CYCLE MEL	BUNS N GUNS MEGAN	COMBAT MEL	CYCLE EXPRESS GARY
5.30PM	COMBAT MEL	STEEL TRAINING MEL	SRC HIIT MEGAN	BODY STEP JAMES	HNR BOXING GARY
				CYCLE MEL	
6PM	HNR HIIT CIRCUIT KAY	HNR HIIT CIRCUIT GARY	HNR BOXING SHANE	HNR HIIT CIRCUIT RICK	
6PM	CYCLE GARY		CYCLE KIM.L		
6.15PM	TUMMY HIPS THIGHS PETE	HIIT STEP N WEIGHTS KIM.L	LARISSA'S MASHUP	STEEL TRAINING KIM.L	
7.15PM		YOGA ERIN		YOGA ERIN	

SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
MORNING CLASSES		
8.15AM	CYCLE LARISSA	
8.15AM	BARRE SALMA	PILATES SALMA
9AM	STEEL TRAINING LARISSA	BODY STEP JAMES

SUMMER STAFFED HOURS 20 FEBRUARY - 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

BAS BODY & SOUL
24/7 GYM GROUP FITNESS SUPER CLUB