



2021 WINTER 12 APR - 5 SEP 2021



MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES					
5.50AM	HNR STRENGTH TYLER		HNR STRENGTH TYLER	CYCLE TALIA	
6AM	CYCLE KIM.L	TUMMY HIPS THIGHS KIM.L	BODY STEP & PILATES KAY	BODY PUMP KAY	HIIT WEIGHTS N CARDIO LARISSA
8.30AM	SENIORS FITNESS SARAH	STEEL TRAINING MEL			BANDS & BARBELL MEL (STARTS 23 APRIL)
9AM	CYCLE MEL	STEP MEL	STEEL TRAINING MEL	HNR HIIT MEGAN	STEEL TONIC MEL (STARTS 23 APRIL)
9.30AM	STEEL TRAINING MEL	EXPRESS BARRE CHERIE	COMBAT MEL	TUMMY HIPS THIGHS MEGAN	BARRE CHERIE CYCLE EXPRESS MEL (STARTS 23 APRIL)
10.20AM	PURE PILATES MONICA				
AFTERNOON CLASSES					
4:30PM	STEEL TRAINING MEL	YOGA (45 MINS) ERIN (STARTS 20 APRIL)	METAFIT (45 MINS) ANNA	STEEL TRAINING MEL	
5PM	STEEL TONIC MEL			COMBAT MEL	CYCLE EXPRESS GARY
5.30PM	COMBAT MEL	STEEL TONIC MEL	STEEL TRAINING MEGAN	BODY STEP JAMES	HNR BOXING GARY
	CYCLE GARY	CYCLE EXPRESS GARY		CYCLE EXPRESS MEL	YIN YOGA ERIN (STARTS 23 APRIL)
6PM	HNR HIIT CIRCUIT RICK	HNR HIIT CIRCUIT GARY	HNR BOXING SHANE	HNR HIIT CIRCUIT RICK	
			CYCLE KIM.L		
6.15PM	TUMMY HIPS THIGHS PETE	STEEL TRAINING KIM.L	BARRE CHERIE	TUMMY HIPS THIGHS KIM.L	

SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
MORNING CLASSES		
7:30AM	HNR HIIT ANNA	
8AM	CYCLE LARISSA	
	TUMMY HIPS THIGHS	
8.45AM	STEEL TRAINING LARISSA	HIIT MEGAN
9.30AM		CARDIO PILATES MONICA

WINTER STAFFED HOURS

Monday - Thursday 8.45am - 7.15pm

Friday 9am - 5pm

Saturday 8am - 11am

Sundays 24/7 Feb required

Public Holidays - See club for details

- ▶ 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

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