



2021 WINTER 19 JUL - 5 SEP 2021



MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES					
5.50AM	HNR STRENGTH CAM		HNR STRENGTH CAM	CYCLE TALIA	
6AM	CYCLE KIM.L	TUMMY HIPS THIGHS KIM.L	STEEL TONIC LARISSA	STEEL TRAINING KIM	HIIT WEIGHTS N CARDIO LARISSA
8.30AM	SENIORS FITNESS SARAH	STEEL TRAINING MEL	CYCLE MEL		BANDS & BARBELL MEL
9AM	CYCLE MEL	STEEL TONIC MEL	STEEL TRAINING MEL	HNR HIIT MEGAN	STEP MEL
9.30AM	STEEL TRAINING MEL	EXPRESS BARRE CHERIE	COMBAT MEL	TUMMY HIPS THIGHS MEGAN	BARRE CHERIE CYCLE EXPRESS ANNA
10.20AM	PURE PILATES MONICA				
11AM					MUM&BUBS SUB30 ALLEENA
AFTERNOON CLASSES					
4:30PM	STEEL TRAINING MEL	YOGA (45 MINS) ERIN	HIIT EXPRESS ANNA	STEEL TRAINING MEL	
5PM	STEEL TONIC MEL		DANCE FITNESS ANNA (STARTS 11 AUGUST)	FREESTYLE STEP MEL	CYCLE EXPRESS GARY
5.30PM	COMBAT MEL	STEP & BANDS MEL	STEEL TRAINING MEGAN	COMBAT MEL	HNR BOXING GARY
	CYCLE GARY			CYCLE ANNA	YOGA & PILATES ERIN
6PM	HNR HIIT CIRCUIT RICK	HNR HIIT CIRCUIT GARY	HNR BOXING SHANE	HNR HIIT CIRCUIT RICK	
		CYCLE LARISSA	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		
8AM	CYCLE LARISSA	
	BARRE ERIN	
8.45AM	STEEL TRAINING LARISSA	HIIT MEGAN
9.30AM		
4.30PM		YOGA ANNIE

WINTER STAFFED HOURS

Monday - Thursday 9am - 7pm

Friday 9am - 5pm

Saturday 8am - 12pm

Sundays 24/7 Fob 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

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