



# 2021 SPRING 25 OCT - 12 DEC 2021



## IN-PERSON CLASSES

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### MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING CLASSES</b>					
5.50AM	<b>HNR STRENGTH</b> CAM	<b>CYCLE</b> LARISSA	<b>HNR STRENGTH</b> CAM	<b>CYCLE</b> TALIA	
6AM	<b>CYCLE</b> TALIA <small>STARTS 8 NOVEMBER</small>	<b>TUMMY HIPS THIGHS</b> KIM.L		<b>STEEL TRAINING</b> KIM.L <small>STARTS 4 NOVEMBER</small>	<b>HIIT WEIGHTS N CARDIO</b> LARISSA <small>STARTS 5 NOVEMBER</small>
8.30AM		<b>STEEL TRAINING</b> MEL	<b>CYCLE</b> MEL		<b>BANDS &amp; BARBELL</b> MEL
9AM	<b>CYCLE</b> MEL	<b>STEEL TONIC</b> MEL	<b>STEEL TRAINING</b> MEL	<b>BODY BALANCE</b> CARA	<b>STEP</b> MEL
9.30AM	<b>STEEL TRAINING</b> MEL	<b>EXPRESS BARRE</b> CHERIE	<b>COMBAT</b> MEL	<b>HNR HIIT</b> ANNA	<b>BARRE</b> CHERIE
<b>AFTERNOON CLASSES</b>					
4:30PM	<b>STEEL TRAINING</b> MEL			<b>STEEL TRAINING</b> MEL	
5PM	<b>STEEL TONIC</b> MEL	<b>CYCLE</b> MEL	<b>CLUBERCISE</b> ANNA <small>STARTS 10 NOVEMBER</small>	<b>FREESTYLE STEP</b> MEL	
5.30PM	<b>COMBAT</b> MEL	<b>HIIT &amp; COBA</b> MEL <small>STARTS 2 NOVEMBER</small>	<b>STEEL TRAINING</b> LARISSA	<b>COBA BOARD</b> LARISSA	<b>CYCLE EXPRESS</b> GARY <small>STARTS 19 NOVEMBER</small>
5.45PM	<b>CYCLE</b> GARY <small>STARTS 15 NOVEMBER</small>				
6PM	<b>HNR HIIT CIRCUIT</b> RICK	<b>HNR HIIT CIRCUIT</b> CHAN	<b>HNR BOXING</b> SHANE	<b>HNR HIIT CIRCUIT</b> RICK	<b>HNR BOX</b> GARY <small>STARTS 19 NOVEMBER</small>
			<b>CYCLE</b> SARAH		
6.15PM	<b>TUMMY HIPS THIGHS</b> PETE <small>STARTS 1 NOVEMBER</small>	<b>STEEL TRAINING</b> KIM.L <small>STARTS 16 NOVEMBER</small>	<b>BODY BALANCE</b> KAY <small>STARTS 10 NOVEMBER</small>		

### SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>		
8AM	<b>CYCLE</b> LARISSA	
8.45AM	<b>STEEL TRAINING</b> LARISSA	<b>HNR HIIT</b> SARAH.B <small>STARTS 14 NOVEMBER</small>
	<b>HNR BOX</b> CHAN	
5.30PM		<b>BODYBALANCE</b> KAY <small>STARTS 7 NOVEMBER</small>

### SPRING/SUMMER HOURS

Monday - Thursday 9am - 7pm

Friday 9am - 5pm

Saturday 8am - 11am

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 (03) 5338 7320



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## #GENACTIVE FACEBOOK LIVE (AT HOME) CLASSES



<b>MONDAY</b>	<b>BARRE</b>	<b>7AM</b>	<b>ANNIE</b>
<b>MONDAY</b>	<b>STEEL TRAINING</b>	<b>9:30AM</b>	<b>MEL</b>
<b>MONDAY</b>	<b>STEEL TRAINING</b>	<b>4:30PM</b>	<b>MEL</b>
<b>MONDAY</b>	<b>STEEL TONIC</b>	<b>5PM</b>	<b>MEL</b>
<b>MONDAY</b>	<b>COMBAT</b>	<b>5:30PM</b>	<b>MEL</b>
<b>TUESDAY</b>	<b>CYCLE</b>	<b>5.50AM</b>	<b>LARISSA</b>
<b>TUESDAY</b>	<b>BARRE</b>	<b>7AM</b>	<b>ANNIE</b>
<b>TUESDAY</b>	<b>STEEL TRAINING</b>	<b>8:30AM</b>	<b>MEL</b>
<b>TUESDAY</b>	<b>STEEL TONIC</b>	<b>9AM</b>	<b>MEL</b>
<b>TUESDAY</b>	<b>YOGA</b>	<b>4:45PM</b>	<b>ERIN</b>
<b>WEDNESDAY</b>	<b>STEEL TRAINING</b>	<b>9AM</b>	<b>MEL</b>
<b>WEDNESDAY</b>	<b>COMBAT</b>	<b>9:30AM</b>	<b>MEL</b>
<b>THURSDAY</b>	<b>STEEL TRAINING</b>	<b>4:30PM</b>	<b>MEL</b>
<b>THURSDAY</b>	<b>FREESTYLE STEP</b>	<b>5PM</b>	<b>MEL</b>
<b>THURSDAY</b>	<b>COBA BOARD</b>	<b>5:30PM</b>	<b>LARISSA</b>
<b>FRIDAY</b>	<b>BAND &amp; BARBELL</b>	<b>8:30AM</b>	<b>MEL</b>
<b>FRIDAY</b>	<b>STEP</b>	<b>9AM</b>	<b>MEL</b>
<b>FRIDAY</b>	<b>YOGA &amp; PILATES</b>	<b>7PM</b>	<b>ERIN</b>
<b>SATURDAY</b>	<b>CYCLE</b>	<b>8AM</b>	<b>LARISSA</b>
<b>SATURDAY</b>	<b>STEEL TRAINING</b>	<b>8:45AM</b>	<b>LARISSA</b>

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## #GENACTIVE RPM CLASSES



MONDAY	RPM 90	4AM
MONDAY	RPM 90	5AM
MONDAY	RPM 90	6AM
MONDAY	RPM 90	7AM
MONDAY	RPM 90	8AM
MONDAY	RPM 90	9AM
MONDAY	RPM 90	2PM
MONDAY	RPM 90	3PM
MONDAY	RPM 90	4PM
MONDAY	RPM 90	7PM
MONDAY	RPM 90	8PM
TUESDAY	RPM UNITED MIX	5AM
TUESDAY	RPM 90	6AM
WEDNESDAY	RPM UNITED MIX	4AM
WEDNESDAY	RPM UNITED MIX	5AM
WEDNESDAY	RPM UNITED MIX	6AM
WEDNESDAY	RPM UNITED MIX	7AM
WEDNESDAY	RPM UNITED MIX	8AM
WEDNESDAY	RPM UNITED MIX	9AM
WEDNESDAY	RPM 89	2PM
WEDNESDAY	RPM 88	3PM
WEDNESDAY	RPM 88	4PM
WEDNESDAY	RPM 89	7PM
WEDNESDAY	RPM 89	8PM

THURSDAY	RPM 87	5AM
THURSDAY	RPM 87	6AM
FRIDAY	RPM 89	4AM
FRIDAY	RPM 89	5AM
FRIDAY	RPM 89	6AM
FRIDAY	RPM 89	7AM
FRIDAY	RPM 89	8AM
FRIDAY	RIDE: BIKE SETUP	8:50AM
FRIDAY	RIDE: BIKE SETUP	8:55AM
FRIDAY	RPM 90	9AM
FRIDAY	RPM 87	2PM
FRIDAY	RPM 87	3PM
FRIDAY	RPM 88	4PM
FRIDAY	RPM 87	7PM
FRIDAY	RPM 87	8PM
SATURDAY	RPM 90	6AM
SATURDAY	RPM 90	9AM
SUNDAY	RPM 90	6AM
SUNDAY	RPM 86	7AM
SUNDAY	RPM 85	8AM
SUNDAY	RPM 86	9AM

**GENESIS**  
HEALTH + FITNESS

