

WINTER 2022 TIMETABLE

STARTS MONDAY 16 MAY 2022

MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES					
6AM	HNR STRENGTH CAM	GROUP FITNESS CIRCUIT LARISSA	CYCLE TALIA/LARISSA	TUMMY HIPS COBA KIM	CYCLE LARISSA
	CYCLE LARISSA				HNR STRENGTH CAM
8.30AM	OLDER ADULTS SARAH	STEEL TRAINING MEL	CYCLE MEL		COBA & BANDS MEL
9AM	CYCLE MEL	STEEL TONIC MEL	BODY PUMP EXPRESS MEL	GROUP FITNESS CIRCUIT ANNA	STEP MEL
9.30AM	COMBAT MEL	BARRE & CORE CHERIE	MEL'S MASH UP	STEEL TRAINING ANNA	BARRE CHERIE
10.20AM	MUMS N BUBS SARA				
AFTERNOON CLASSES					
4:45PM		YOGA PILATES ERIN			
5PM	DANCE FITNESS ANNA	CYCLE MEL	KIDS FITNESS	BODY PUMP EXPRESS KAY	CYCLE GARY
			STEEL TONIC MEL		
5.30PM	MEL'S MASH UP MEL	BODY PUMP DI	COMBAT MEL	BODY BALANCE KAY	HNR BOX GARY
	HNR WEIGHTS LARISSA	HNR CIRCUIT EXPRESS CHAN	CYCLE GARY	HNR BOX EXPRESS RICK	BARRE & YOGA ERIN
6PM	CYCLE KIM S.	HNR BOX 45 MINUTES CHAN	HNR CIRCUIT ANNA	HNR CIRCUIT 45 MINUTES RICK	
6.15PM	STEEL TRAINING LARISSA	TUMMY HIPS COBA KIM	STEEL TRAINING KIM		

SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
MORNING CLASSES		
8AM	CYCLE CHAN	
	STEEL TRAINING LARISSA	
8.45AM	GROUP FITNESS CIRCUIT LARISSA	CYCLE GARY
4.30PM		HIIT WEIGHTS KAY
5.15PM		BODY BALANCE & PILATES KAY

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