

WINTER 2022 TIMETABLE

STARTS MONDAY 18 JULY 2022

MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES					
6AM	HNR BOXING KIM	GROUP FITNESS CIRCUIT LARISSA	CYCLE TALIA/LARISSA BODYBALANCE KAY	TUMMY HIPS THIGHS KIM	CYCLE LARISSA HNR STRENGTH CAM
8.30AM	OLDER ADULTS SARAH	STEEL TRAINING MEL	CYCLE MEL	GROUP FITNESS CIRCUIT ANNA	8.45AM STEP & COBA MEL
9AM	8.45AM CYCLE MEL	STEEL TONIC MEL	BODY PUMP EXPRESS MEL		
9.30AM	STEEL TRAINING MEL	BARRE & CORE CHERIE CYCLE EXPRESS MEL	COMBAT MEL	STEEL TRAINING ANNA	BARRE CHERIE
AFTERNOON CLASSES					
5PM	DANCE FITNESS ANNA	STEP MEL	KIDS FITNESS	BODY PUMP EXPRESS KAY	
5.15PM	SPRINT CYCLE* KEIRAN		5PM COMBAT EXPRESS MEL		
5.30PM	COMBAT MEL	BODY PUMP DI	STEEL TONIC MEL	BODY BALANCE KAY	HNR BOX GARY
		HNR CIRCUIT EXPRESS CHAN	CYCLE GARY	HNR BOX EXPRESS RICK	BODY BALANCE KAY
6PM	HNR LARISSA	HNR BOX 45 MINUTES CHAN	HNR CIRCUIT ANNA	HNR CIRCUIT 45 MINUTES RICK	
6.15PM	BODY PUMP* KEIRAN	TUMMY HIPS THIGHS KIM	STEEL TRAINING KIM		

SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
MORNING CLASSES		
8AM	CYCLE CHAN	
	STEEL TRAINING LARISSA	
8.45AM	GROUP FITNESS CIRCUIT LARISSA	HNR BOX GARY

www.ballaratfitness.com (03) 5338 7320

GENESIS
HEALTH + FITNESS



*Keiran classes start 25 July 2022