

# SUMMER SENSATION 2022 TIMETABLE

STARTS MONDAY 3 OCTOBER - FRIDAY 16 DECEMBER 2022

## MONDAY TO FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING CLASSES</b>					
6AM	<b>HNR BOXING</b> KIM	<b>GROUP FITNESS CIRCUIT</b> LARISSA	<b>CYCLE</b> TALIA AND ELEISHA	<b>TUMMY HIPS THIGHS</b> KIM	<b>CYCLE</b> LARISSA
	<b>CYCLE</b> GEN		<b>REFORMER PILATES CIRCUIT</b> LARISSA		<b>HNR STRENGTH</b> CAM
8.30AM	<b>OLDER ADULTS</b> JAYMEE	<b>COBA BANDS BALL</b> MEL	<b>CYCLE</b> MEL		<b>COBA BANDS BALL</b> MEL
9AM	<b>8.45AM CYCLE</b> MEL	<b>STEEL TONIC</b> MEL	<b>BODY PUMP EXPRESS</b> MEL	<b>DANCE FITNESS</b> ANNA	<b>FREESTYLE STEP</b> MEL
9.30AM	<b>STEEL TRAINING</b> MEL	<b>BARRE &amp; CORE</b> CHERIE	<b>COMBAT &amp; HIIT</b> MEL	<b>REFORMER PILATES CIRCUIT</b> ANNA <b>STARTS 13 OCT</b>	<b>BARRE</b> CHERIE
		<b>CYCLE EXPRESS</b> MEL			
<b>AFTERNOON CLASSES</b>					
5PM	<b>DANCE FITNESS</b> ANNA	<b>STEP</b> MEL	<b>KIDS FITNESS</b> CHAN		
			<b>PILATES FITBALL</b> KAY		
5.30PM	<b>COMBAT</b> MEL	<b>BODY PUMP</b> DI	<b>HNR BOX</b> CHAN	<b>BODY PUMP</b> KAY	<b>HNR BOX</b> GARY
	<b>SPRINT</b> KEIRAN	<b>HNR CIRCUIT EXPRESS</b> CHAN	<b>STRETCH &amp; RESTORE</b> KIMBERLEY	<b>HNR BOX EXPRESS</b> JAYMEE	<b>PILATES</b> MEGAN
6PM	<b>HNR</b> LARISSA	<b>HNR BOX 45 MINUTES</b> CHAN	<b>CYCLE</b> GARY	<b>HNR CIRCUIT 45 MINUTES</b> JAYMEE	
			<b>HNR CIRCUIT</b> ANNA	<b>SPRINT</b> LARISSA <b>STARTS 13 OCT</b>	
6.15PM	<b>BODY PUMP</b> KEIRAN	<b>TUMMY HIPS THIGHS</b> KIM	<b>STEEL TRAINING</b> KIM	<b>BODY BALANCE</b> KAY	
7PM	<b>BODY BALANCE</b> KAY <b>STARTS 10 OCT</b>	<b>MISSED A CLASS? TRY VIRTUAL!</b>		<b>MISSED A CLASS? TRY VIRTUAL!</b>	

## SATURDAY TO SUNDAY

TIME	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>		
8AM	<b>CYCLE</b> CHAN	<b>MISSED A CLASS? TRY VIRTUAL!</b>
	<b>GROUP FITNESS CIRCUIT</b> LARISSA	
8.45AM	<b>STEEL TRAINING</b> LARISSA	
9AM		<b>REFORMER PILATES CIRCUIT</b> MEGAN
9.30AM	<b>STRETCH &amp; RESTORE</b> KIMBERLEY	

[www.ballaratfitness.com](http://www.ballaratfitness.com) (03) 5338 7320

**GENESIS**  
HEALTH + FITNESS

**PLEASE NOTE:** Bookings are required for Reformer Pilates. More Reformer classes will appear on our Xmas timetable when we have a blank canvas to use.

Please keep an eye out as we will be launching virtual reformer alongside our new, pilates, body balance and stretch virtual classes.

