

WINTER – SPRING TIMETABLE

START MONDAY 14 SEPTEMBER - SUNDAY 13 DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM SPRINT LARISSA	5.45AM HYROX JESS	5.45AM CYCLE STACEY (45MINS)	5.45AM CEREMONY MARY	5.45AM SPRINT LARISSA	8.00AM REFORMER PILATES CIRCUIT LARISSA	8.45AM PRIVATE REFORMER ZARA
5.45AM PRIVATE REFORMER ZARA	5.45AM PRIVATE REFORMER SCARLETT	5.45AM REFORMER PILATES CIRCUIT ZARA	5.45AM PRIVATE REFORMER SCARLETT	5.45AM STRENGTH DEVELOPMENT PETE	8.15AM SPRINT KEIRAN	9.30AM REFORMER CIRCUIT ZARA
9.00AM CYCLE MEL	8.45AM CYCLE MEL	6.30AM PRIVATE REFORMER ZARA	8.45AM STEEL TRAINING MEL	6.45AM PRIVATE REFORMER LAUREY	9.00AM CEREMONY KELLI	 SPRING POP UP CLASSES ARE BACK ON 4.30PM SUNDAYS STARTING 4 OCTOBER FOR 6 WEEKS
9.30AM STRENGTH DEVELOPMENT PETE	9.30AM REFORMER CIRCUIT ZOE	9.00AM CYCLE MEL	9.30AM CEREMONY KELLIE	9.15AM STEP AND COMBAT MEL	9.00AM STRENGTH DEVELOPMENT KEIRAN	
10.20AM SENIOR ROCKERS PETE	5.00PM STEEL TONIC EXPRESS MEL	9.30AM STEEL TRAINING MEL	4.45PM BODY BALANCE KAY	5.30PM CLUBBERCISE SARAH		
5.00PM STEP MEL	5.30PM CYCLE MELANIE	4.45PM ZUMBA EMMA	4.45PM CEREMONY HYROX GARY			
5.30PM SPRINT KEIRAN	5.30PM STEEL TRAINING MEL	5.30PM SPRINT KEIRAN	5.30PM STRENGTH DEVELOPMENT KEIRAN			
5.30PM COMBAT MEL	5.30PM CEREMONY GARY	5.30PM TUMMY HIPS THIGHS SARAH	5.45PM HNR BOXING GARY			
6.15PM CEREMONY KELLIE	6.15PM HNR BOXING GARY	6.15PM CEREMONY MARY	6.30PM PRIVATE REFORMER LAUREY			
6.15PM BODYBALANCE KEIRAN	6.15PM REFORMER CIRCUIT ZOE	6.15PM STRENGTH DEVELOPMENT PETE				
7.15PM PRIVATE REFORMER ZARA	7.15PM PRIVATE REFORMER ZOE					



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WINTER – SPRING STAFFED HOURS.

Monday: 9am - 7pm

Tue - Thur: 9am - 6pm

Friday: 9am - 1pm

Saturday 8am - 11am

Sunday 24/7 Fob required

Please bring two towels with
you for every workout. Do
not bring friends into the club
without payment.

Public holidays vary so please
check socials.



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