

BALANCE COLLECTIVE

# CITY

# TIMETABLE

EFFECTIVE FROM MONDAY 20 JULY 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 – 6AM	HIIT Strength	HIIT Cardio	HIIT Strength				
6.15 – 7AM	Cycle	Body Pump	Cycle	HIIT Strength	Cycle		
9 – 9.45AM						Body Pump	
9.30 – 10.15AM	Barre Attack	HIIT Cardio	Body Pump	Barre Attack	Body Pump		
11.10 – 11.50AM				Mat Pilates			
12.10 – 12.50PM	HIIT	Cycle	Body Pump	Cycle	Barre Attack		
1.10 – 1.50PM	Mat Pilates						
5.30 – 6.15PM	Body Pump	HIIT Strength	Body Pump		Barre Attack		
5.30 – 6.30PM			Hatha				
6.30 – 7.15PM	Cycle		Barre Attack				

**KEY** myMOVES mySTAYACTIVE myCYCLE mySTRENGTH myMIND & BODY myJITTABUGS

## MEMBERS ARE REQUIRED TO BOOK FOR ALL CLASSES.

### Booking steps:

- Bookings will open an hour ahead of each class. Visit reception or call 4907 6601 to reserve your spot.
- Upon arrival please see Reception to collect your entry ticket and then present this to your class instructor.

**Note:** Bookings can only be made by the person attending the class. Classes that commence in our first hour of trading will be a first come first serve basis. Back to back bookings aren't permitted however members are welcome to wait and if the class isn't at full capacity they can attend.

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\*All classes are subject to change. BAL0550\_0720