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6 – 7AM	 Hatha				 Yin		
7.15 – 8AM	 Pilates Everybody		 Pilates Perfect 10		 Pilates Everybody		
8 – 8.45AM						 Pilates Everybody	 Pilates Everybody
9 – 10AM						 Yoga Fundamentals	 Power Flow
9.30 – 10.15AM			 Pilates Everybody				
9.30 – 10.30AM	 Power Flow		 Yin		 Hatha		
10 – 10.45AM	 Pilates Perfect 10	 Pilates Everybody		 Pilates Energise			
10.30 – 11.15AM			 Pilates Perfect 10				
12.10 – 12.50PM	 Hatha	 Slow Flow	 Core Fit	 Yin	 Slow Flow		
4 – 5PM						 Power Flow	 Yin
4.30 – 5.30PM	 Slow Flow	 Yin			 Yin		
5.30 – 6.15PM	 Pilates Everybody	 Pilates Perfect 10	 Pilates Everybody				
5.30 – 6.30PM				 Hatha			
5.45 – 6.45PM	 Core Fit	 Power Flow					
6.30 – 7.15PM		 Pilates Definition					
7 – 8PM	 Yin		 Yin				

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