

BALANCE COLLECTIVE

MAYFIELD

TIMETABLE

EFFECTIVE FROM MONDAY 20 JULY 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 6.50AM	Cycle	HIIT Cardio	Cycle	Body Fit	Cycle		
6 – 6.50AM	HIIT Strength		HIIT Strength				
8 – 8.55AM						Cycle	
9 – 10AM						Body Pump	
9.15 – 10AM	HIIT Strength		HIIT Strength	Body Pump	HIIT Strength		
9.30 – 10.15AM	Cycle	HIIT Strength	Cycle				
10.15 – 11AM			Barre Attack	Total Body	Mat Pilates		
11.15AM – 12PM	Stay Active 1	Mature Movers	Stay Active 2	Mature Movers	Stay Active 1		
12 – 12.45PM			Stay Active MS				
4.30 – 5.15PM	Body Attack	Cycle	Body Pump				
4.30 – 5.15PM		Fatburner		Cycle	Body Fit		
5 – 5.30PM				HIIT Strength			
5.30 – 6.15PM	Body Pump	Barre Attack	Cycle				
5.45 – 6.30PM				Body 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 4903 6202 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