

























BALANCE COLLECTIVE

## CITY

## TIMETABLE

EFFECTIVE FROM MONDAY 12 OCTOBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 – 7AM	 HIIT Strength	 Body Pump	 Cycle	 HIIT Strength	 Cycle		
8 – 8.45AM						 HIIT Cardio	
9 – 9.45AM						 Body Pump	
9.15 – 10AM		 HIIT Cardio	 Body Pump	 Barre Attack	 Body Pump		
9.30 – 10.15AM	 Barre Attack						
11 – 11.45AM				 Mat Pilates			
12.10 – 12.50PM	 HIIT	 Cycle	 HIIT Cardio	 Cycle	 Barre Attack		
12.10 – 12.50PM	 Mat Pilates						
4.30 – 5.15PM	 HIIT Cardio	 Barre Attack	 HIIT				
5.30 – 6.15PM		 HIIT Strength			 Barre Attack		
5.30 – 6.30PM	 Body Pump		 Body Pump	 Body Pump			
6.30 – 7.15PM	 Cycle						

**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. BAL0562\_1020