

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 7AM	Yoga Fundamentals				Yin		
7.15 – 8AM	Pilates Everybody	Pilates Energise	Pilates Perfect 10	Pilates Definition	Pilates Everybody		
8 – 8.45AM						Pilates Everybody	Pilates Everybody
9 – 10AM						Yoga Fundamentals	Power Flow
9.15 – 10AM	Pilates Perfect 10	Pilates Everybody	Pilates Definition	Pilates Energise	Pilates Perfect 10		
10 – 11AM	Power Flow		Yin		Hatha		
10.15 – 11AM		Pilates Perfect 10	Pilates Everybody	Pilates Everybody		Pilates Everybody	
12.10 – 12.50PM		Slow Flow	Core Fit	Yin	Core Fit		
3 – 4PM						Yin (MAYFIELD)	Yin (MAYFIELD)
4.30 – 5.30PM	Slow Flow	Yin			Yin		
5.30 – 6.15PM	Pilates Everybody	Pilates Energise	Pilates Everybody				
5.30 – 6.30PM				Hatha			
5.45 – 6.30PM	Core Fit	Power Flow	Yoga Fundamentals				
6.30 – 7.15PM	Pilates Energise	Pilates Everybody	Pilates Definition				
6.45 – 7.45PM	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. BAL0562\_1020