

BALANCE COLLECTIVE
CARDIFF

TIMETABLE

EFFECTIVE FROM MONDAY 5TH JUNE 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating Hours	6.00AM – 10.00PM	6.00AM – 10.00PM	6.00AM – 10.00PM	6.00AM – 10.00PM	6.00AM – 10.00PM	7.00AM – 10.00PM	7.00AM – 10.00PM
Reception Hours	6.00AM – 11.00AM 3.00PM – 5.00PM	6.00AM – 11.00AM 3.00PM – 5.00PM	6.00AM – 11.00AM 3.00PM – 5.00PM	6.00AM – 11.00AM 3.00PM – 6.00PM	6.00AM – 11.00AM CLOSED	CLOSED CLOSED	CLOSED CLOSED
6.15 – 7.00AM	Functional Training Circuit	Xceler8	Cardio Box	Functional Training Circuit	Xceler8		
9.30 – 10.15AM	Xceler8	Cardio Box	Functional Training Circuit	Xceler8	Functional Training Circuit		
5.15 – 6.00PM	Xceler8	Cardio Box	Functional Training Circuit				

CLASS NAME	DESCRIPTION	COMPLEXITY	INTENSITY
Functional Training Circuit (FTC)	A fitness system based around resistance and cardio based functional training exercises, moving through stations and drills.	LOW	HIGH
Cardio Box	A focus pad workout incorporating interval drills.	LOW	HIGH
Xceler8 Functional Training	Xceler8 is a power packed functional training sessions designed as the ultimate full body workout. With a deep focus on strength conditioning, agility and core based exercises, Xceler8 will take your fitness to the next level and beyond.	LOW	HIGH



KEY myMOVES mySTRENGTH

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*All classes are subject to change.