

BALANCE COLLECTIVE
NEW LAMBTON

TIMETABLE

EFFECTIVE FROM SUNDAY 8TH JUNE 2018

	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	9.00AM – 10.00PM
Reception Hours	6.00AM – 7.30PM	6.00AM – 7.30PM	6.00AM – 7.30PM	6.00AM – 7.30PM	6.00AM – 6.30PM	7.00AM – 12.00PM	CLOSED
Crèche Hours	8.30AM – 1.00PM	8.30AM – 12.00PM	8.30AM – 1.00PM	8.30AM – 12.00PM	8.30AM – 1.00PM	7.30AM – 10.30AM	CLOSED
6.15 – 7.00AM	Les Mills Body Pump	Xceler8 Cycle	Les Mills Body Pump	Xceler8	Circuit Cycle		
8.00 – 9.00AM						Total Body	
8.15 – 9.00AM						Xceler8 (circuit area)	
9.00 – 10.00AM					Les Mills CXWORX / Body Attack	Flow	
9.15 – 9.45AM			Sprintworx				
9.15 – 10.00AM	Les Mills BODYSTEP (Classic) Cycle	Zumba® Functional Training Circuit	Fat Burner	Les Mills Body Pump Cycle	Functional Training Circuit		Les Mills BODYSTEP (Classic)
10.00 – 10.45AM			Barre Attack				
10.00 – 11.00AM	Les Mills Body Pump	Total Body					
11.00 – 12.00PM	Flow	Flow	Yoga		Yoga		
4.30 – 5.15PM		Xceler8 (circuit area)					
4.30 – 5.30PM	Total Body						
4.45 – 5.30PM				Barre Attack			
5.30 – 6.00PM			Les Mills CXWORX				
5.30 – 6.30PM	Cardio Box	Les Mills Body Pump		Step (45 min)	Les Mills Body Pump		
5.45 – 6.30PM				Circuit			
6.00 – 7.00PM			Les Mills Body Attack				
6.30 – 7.30PM	Les Mills Body Pump			Yoga			

STAY ACTIVE/MATURE MOVERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00 – 10.45AM	Stay Active Circuit L1	Stay Active Circuit L1	Mature Movers Circuit	Stay Active Circuit L1	Stay Active Circuit L1 Stay Active Plus		
10.15 – 11.00AM						Stay Active Plus	
11.00 – 11.45AM	Stay Active Circuit L2		Stay Active Circuit L2	Stay Active Plus	Stay Active Circuit L2		
1.30 – 2.15PM	Mature Movers		Mature Movers				
6.30 – 7.15PM		Stay Active Circuit L2		Stay Active Circuit L2			

KEY



myMOVES



mySTAYACTIVE



myCYCLE



mySTRENGTH



myMIND & BODY

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