

BALANCE COLLECTIVE
MAYFIELD

TIMETABLE

EFFECTIVE FROM MONDAY 4TH FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating & Reception Hours	5.30AM – 10.00PM	5.30AM – 10.00PM	5.30AM – 10.00PM	5.30AM – 10.00PM	5.30AM – 10.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
Crèche Hours	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.30PM – 6.30PM	7.45AM – 12.00PM CLOSED	CLOSED CLOSED
6.00 – 6.30AM			Les Mills Grit Strength				
6.00 – 7.00AM	Cycle (50 min)	Les Mills Body Pump	Cycle (50 min)	Cardio Box	Les Mills RPM / CXWORX		
8.05 – 8.55AM						Les Mills RPM	
9.00 – 9.45AM							Cycle
9.00 – 10.00AM						Les Mills Body Pump	
9.15 – 10.00AM	Les Mills Body Pump (60 min)	Xceler8	Les Mills Body Combat (60 mins)	Les Mills Body Pump	Xceler8		
10.00 – 10.30AM				Les Mills CXWORX			
10.15 – 11.00AM			Les Mills Body Pump		Mat Pilates		
11.00 – 11.45AM			Stay Active MS				
4.00 – 5.00PM							Les Mills Body Pump
4.30 – 5.20PM	Les Mills RPM						
4.30 – 5.30PM	Les Mills Body Combat	Les Mills Body Attack	Les Mills Body Pump		Les Mills Body Pump		
5.00 – 5.30PM				Xceler8			
5.00 – 5.45PM							Flow
5.30 – 6.20PM		Les Mills RPM	Les Mills RPM	Les Mills RPM	Les Mills Body Combat (45min)		
5.30 – 6.30PM	Les Mills Body Pump	Barre Attack (45min)	Cardio Box	Les Mills Body Attack (45min)			
6.30 – 7.00PM	Les Mills Grit Strength	Les Mills CXWORX					
6.30 – 7.15PM				Les Mills Body Pump			

KEY



myMOVES



mySTAYACTIVE



myCYCLE



mySTRENGTH



myMIND & BODY

CHECK OUT OUR INTERACTIVE TIMETABLE ONLINE!



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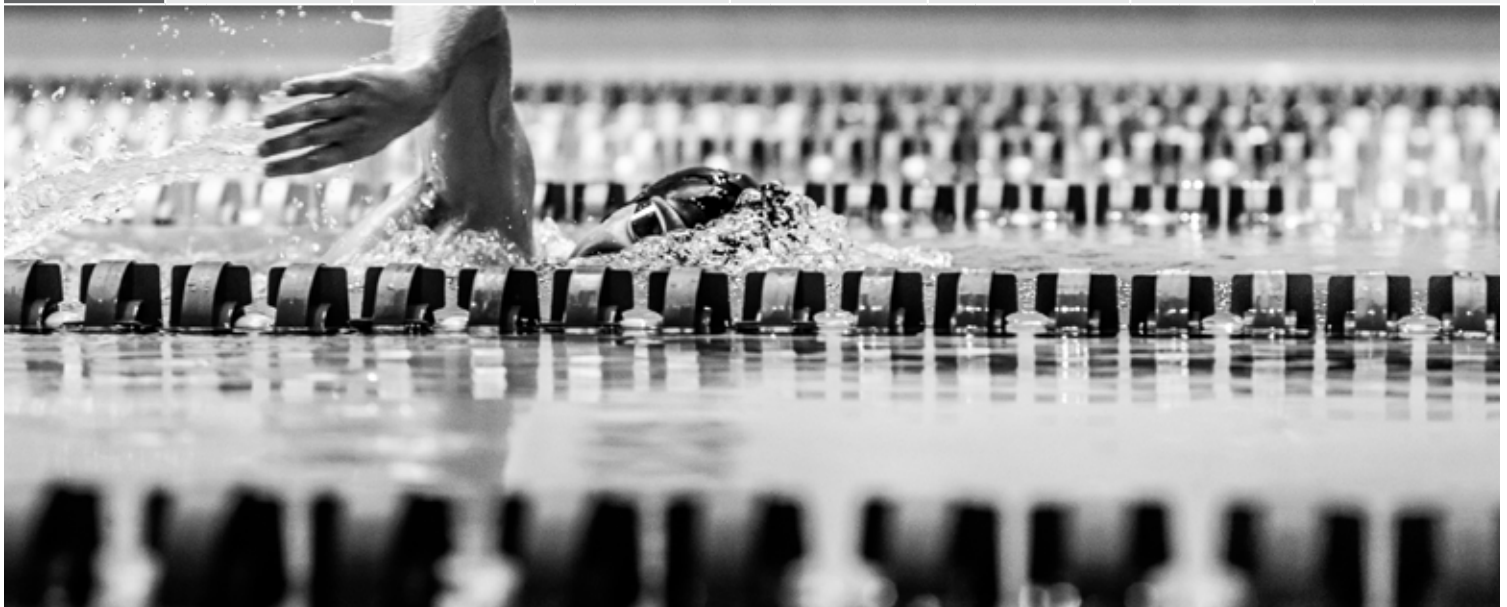
[BALANCE COLLECTIVE]

SWIM

TIMETABLE

EFFECTIVE FROM MONDAY 4TH FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating & Reception Hours	5.30AM – 10.00PM	5.30AM – 10.00PM	5.30AM – 10.00PM	5.30AM – 10.00PM	5.30AM – 10.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
Crèche Hours	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.00PM – 7.30PM	8.00AM – 1.00PM 3.30PM – 6.30PM	7.45AM – 12.00PM CLOSED	CLOSED CLOSED
7.00 – 7.45AM	🔹 Hydro Aqua	🔹 Aqua	🔹 Aqua	🔹 Aqua			
7.15 – 8.00AM						🔹 Aqua	
8.45 – 9.30AM					🔹 Aqua		
9:15 – 10:00AM	🔹 Aqua	🔹 Aqua	🔹 Aqua	🔹 Aqua			
10.30 – 11.15AM	🔹 Hydro Aqua	🔹 Aqua	🔹 Aqua	🔹 Aqua			
1.30 – 2.15PM		🔹 Mums and Bubs Aqua		🔹 Mums and Bubs Aqua			
6.00 – 6.45PM	🔹 Aqua	🔹 Aqua	🔹 Aqua	🔹 Aqua			



KEY  myAQUA

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