

BALANCE COLLECTIVE  
**NELSON BAY**

# TIMETABLE

EFFECTIVE FROM TUESDAY 1ST JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Operating Hours</b>	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	8.00AM – 12.00AM	8.00AM – 12.00AM
<b>Reception Hours</b>	6.00AM – 2.30PM	6.00AM – 2.30PM	6.00AM – 2.30PM	6.00AM – 2.30PM	6.00AM – 12.30PM	CLOSED	CLOSED
	4.30PM – 7.30PM	4.30PM – 7.30PM	4.30PM – 7.30PM	4.30PM – 7.30PM			
<b>8.45AM</b>						Les Mills Body Combat	
<b>9.30AM</b>	Step	Les Mills Body Combat	Les Mills Body Pump	HIIT	Les Mills Body Pump	Les Mills Body Pump	
<b>10.30AM</b>	Les Mills Body Pump	Les Mills Body Balance		Stretch and Tone	Les Mills Body Balance		
<b>6.00PM</b>	Les Mills Body Pump	Les Mills Body Combat	Circuit	Les Mills Body Balance			

All Classes 60 minutes in duration unless specified.

# SPECIALIST CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Operating Hours</b>	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	8.00AM – 12.00AM	8.00AM – 12.00AM
<b>Reception Hours</b>	6.00AM – 2.30PM	6.00AM – 2.30PM	6.00AM – 2.30PM	6.00AM – 2.30PM	6.00AM – 12.30PM	CLOSED	CLOSED
	4.30PM – 7.30PM	4.30PM – 7.30PM	4.30PM – 7.30PM	4.30PM – 7.30PM			
<b>8.45AM</b>	Mature Movers		Mature Movers	Mature Movers			
<b>11.45AM</b>		Stay Active		Stay Active	Stay Active		

All Classes 60 minutes in duration unless specified.

## KEY



myMOVES



mySTRENGTH



mySTAYACTIVE



myMIND & BODY

CHECK OUT OUR INTERACTIVE TIMETABLE ONLINE!



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