

BALANCE COLLECTIVE
NEW LAMBTON

TIMETABLE

EFFECTIVE FROM THURSDAY 1 AUGUST 2019

| | 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 – 12.00PM | 8.30AM – 12.00PM | 8.30AM – 12.00PM | 8.30AM – 12.00PM | 8.30AM – 12.00PM | 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 | | | | | | 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 | Functional Training Circuit Zumba® | | Les Mills BODYSTEP (Classic) |
| 10.00 – 10.45AM | | | Barre Attack | | | | |
| 10.00 – 11.00AM | Les Mills Body Pump | Les Mills / Body Pump CXWORX | | | | | |
| 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 | | | | | | | |
| 5.30 – 6.00PM | | | Les Mills CXWORX | | | | |
| 5.30 – 6.30PM | Cardio Box | Les Mills Body Pump | | Step (45 min) | Les Mills Body Pump | | |
| 5.30 – 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

4903 6200

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*All classes are subject to change.