

BALANCE COLLECTIVE

# NELSON BAY

## TIMETABLE

EFFECTIVE FROM WEDNESDAY 13TH MAY 2019.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating Hours	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM
8.45AM						Les Mills Body Combat	
9.30AM	Step	Les Mills Body Combat	Les Mills Body Pump	HIIT	Les Mills Body Pump	Les Mills Body Pump	
10.30AM	Les Mills Body Pump	Les Mills Body Balance		Stretch and Tone	Les Mills Body Balance		
5.00PM				HIIT			
6.00PM	Les Mills Body Pump	Les Mills Body Combat		Les Mills Body Balance			

All Classes 60 minutes in duration unless specified.

## SPECIALIST CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating Hours	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM	6.00AM – 12.00AM
8.45AM	Mature Movers		Mature Movers	Mature Movers			
11.45AM		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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