

BALANCE COLLECTIVE
MAYFIELD

TIMETABLE

EFFECTIVE FROM MONDAY 1ST JULY 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		
7.00 – 7.45AM			Body Balance				
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			
10.00 – 11.00AM						Body Balance	
10.15 – 11.00AM			Les Mills Body Pump		Mat Pilates		
10.30 – 11.30AM	Body Balance						
11.00 – 11.45AM		Jittabugs (30 mins)	Stay Active MS	Jittabugs (30 mins)			
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	Mat Pilates (45min)	Cardio Box	Les Mills Body Attack (45min)			
6.30 – 7.00PM	Les Mills Grit Strength	Les Mills CXWORX					
6.30 – 7.15PM				Body Balance			

KEY



myMOVES



mySTAYACTIVE



myCYCLE



mySTRENGTH



myMIND & BODY



myJITTABUGS

4903 6200

BALANCECOLLECTIVE.COM.AU

*All classes are subject to change.