

new lambton timetable

tuesday 19 april 2022

BALANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.40 – 6.25am	Xceler8	FTC	FTC	Cardio Box	Blend		
6.25 – 7.10am	Cardio Box	FTC					
8 – 8.45am						FTC	
9.20 – 10.05am	Cycle	FTC	Cycle	Cardio Box	Blend		

Class bookings can be made via the Balance Collective App. All Balance members are eligible to access Balance New Lambton.

balancecollective.com.au

4935 1280



*All classes are subject to change. BAL0621_0422