

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6.15 – 7am</b>	RPM	Body Pump	Cardio Box	RPM	Attitude		
<b>8 – 9am</b>						Body Pump	
<b>9.15 – 10am</b>	Body Pump		Attitude	Mat Pilates	Barre Attack		
<b>12.10 – 12.50pm</b>	Cardio Box	Cycle	Mat Pilates				
<b>4.15 – 5pm</b>		Barre Attack					
<b>5.30 – 6.30pm</b>	Body Pump	Attitude	Barre Attack				

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

# city holistic timetable

## BALANCE

tuesday 19 april 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 7am		Yin			Vinyasa		
6.10 – 6.55am	Pilates Beginner	Pilates Intermediate	Pilates Beginner				
7 – 7.45am	Pilates Intermediate	Pilates Beginner	Pilates Advanced	Pilates Beginner	Pilates Intermediate		
8 – 8.45am						Pilates Intermediate	Pilates Intermediate
8 – 9am	Power Flow						
9 – 10am						Vinyasa	Power Flow
9.15 – 10am	Pilates Advanced	Pilates Intermediate		Mat Pilates	Pilates Beginner		
9.15 – 10.15am			Yin				
10.15 – 11.00am						Pilates Beginner	
12.10 – 12.50pm			Mat Pilates				
3 – 4pm						Yin (MF)	Yin (MF)
4.30 – 5.30pm		Yin					
5.30 – 6.15pm	Pilates Beginner	Pilates Intermediate	Pilates Intermediate				
5.30 – 6.30pm	Vinyasa	Vinyasa	Yoga Fundamentals	Yin			
6.20 – 7.05pm	Pilates Advanced	Pilates Beginner					
6.30 – 7.30pm	Yin		Vinyasa	Vinyasa			

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[balancecollective.com.au](https://balancecollective.com.au)

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\*All classes are subject to change. BAL0621\_0422