

# mayfield timetable

tuesday 19 april 2022

## BALANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6 – 6.50am</b>	Xceler8	Cardio Box	HIIT Strength	Body Pump	RPM		
<b>6 – 6.50am</b>			Cycle				
<b>8 – 8.50am</b>						Cycle	
<b>9 – 10am</b>						Body Pump	
<b>9.15 – 10am</b>	Xceler8	Body Pump	HIIT Strength	Body Pump	HIIT Box		
<b>10.15 – 11am</b>	Barre Attack				Flow		
<b>11.15am – 12pm</b>	Stay Active	Movers	Stay Active	Movers	Stay Active		
<b>12 – 12.45pm</b>			Stay Active MS				
<b>3 – 4pm</b>						Yin	Yin
<b>4.30 – 5.15pm</b>	HIIT Cardio	RPM	Body Pump		Body Pump		
<b>5 – 5.45pm</b>				HIIT Strength			
<b>5.30 – 6.15pm</b>	Body Pump	Barre Attack	RPM				

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

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

4903 6202



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

# mayfield aqua timetable

## BALANCE

tuesday 19 april 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 – 7.45am	Aqua	Aqua	Aqua	Aqua	Aqua		
10.15 – 11am	Aqua	Aqua	Aqua	Aqua	Aqua		
11.15am – 12pm	Aqua	Aqua	Aqua	Aqua	Aqua		
6.15pm – 7pm	Aqua	Aqua	Aqua	Aqua			

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