

mayfield timetable

BALANCE

sunday 01 october 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 6.50am	Xceler8	Body Pump (45min)	HIIT Strength	Body Pump	RPM		
	Cycle		Cycle		Breath, Stretch & Mobility (60min)		
6.15 – 7am				RPM			
7am – 8am	Power Flow						
8 – 8.50am						Cycle	
8 – 9am						Vinyasa	
9 – 10am						Body Pump	Power Flow
9.15 – 10am	Xceler8	Body Pump	HIIT Strength	Body Pump	Mat Pilates		
10.15 – 11am	Barre Attack	Yin (60min)	Barre Attack	Mat Pilates	Vinyasa (60min)		
11.15 – 12pm	Stay Active	Movers	Stay Active	Movers	Stay Active		
12 – 12.45pm			Stay Active MS				
3 – 4pm						Yin	Yin
4.30 – 5.15pm	HIIT Cardio	Barre Attack	Body Pump		Body Pump		
5 – 5.45pm		Cycle		HIIT Strength			
5.30 – 6.15pm	Body Pump	Vinyasa (60min)	RPM				
			Barre Attack				
6.30 – 7.30pm	Vinyasa	Yin	Vinyasa	Yin			
7.30 – 8pm	Yin						

The B.CO app is here

Book & cancel classes at your fingertips



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

balancecollective.com.au

4903 6202



*All classes are subject to change. BAL0673_1023