

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am						8.30 am	 preggi bellies <small>the studio is essential for pregnancy</small>
9.30am		Circuit		Circuit		9.30 am	
10.30am	 	<i>Pilates</i>		 <small>the studio is essential for pregnancy</small>		10.30 am <i>Pilates</i>	
12.30pm		<small>Open Foundation</small> <i>Heartmoves</i>				10.45 pm	
5.45pm							
6.00pm						4.30 pm	 TECH
6.15pm						4.45 pm	
6.30pm		Boxing		Boxing		Opening Hours Monday – Thursday: 6.00am – 9.00pm Friday 6.00am – 8.00pm Saturday & Sunday 8.00am – 6.00pm	
6.45pm		 				Crèche opening times Monday - Friday 8am - 11.30am Saturday 8am - 11.30am Sunday 8am - 10.30am	
7.15pm			<i>Pilates</i>				
7.45pm				 <small>the studio is essential for pregnancy</small>			

* Please note PREGGIE BELLIES classes are not run by Balmain Fitness and incur an additional fee. Please contact 1300 727 171 for further information.