

**BALLYEARL****MORE**  
*active, often...***CLASS TIMETABLE**

DAY	TIME	CLASS
MONDAY	9.30am – 10.15am	BODYTONE
	10.30am -11.30am	2 <sup>nd</sup> CHANCE ADULT BALLET
	5.45pm – 6.15pm	CORE ATTACK
	6.30pm – 7.15pm	CIRCUITS
	6.30pm – 7.15pm	TAI BO
	7.30pm – 8.15pm	ZUMBA
TUESDAY	10.00am -11.30am	YOGA
	12.30pm -1.30pm	LUNCHTIME CIRCUITS
	6.00pm – 6.45pm	BUMS,LEGS,TUMS
	6.30pm – 7.30pm	KETTLEBELLS
	7.00pm -7.45pm	PILATES
	7.45pm – 8.30pm	PILATES
WEDNESDAY	9.30am – 10.30am	LOWER BACK MANAGEMENT
	5.45pm – 6.15pm	CORE ATTACK
	6.15pm – 7.15pm	CIRCUITS
	6.30pm – 7.15pm	BUMS,LEGS,TUMS
	7.30pm – 8.30pm	BOXERCISE
	7.30pm - 8.30pm	ZUMBA
THURSDAY	9.30am – 10.15am	BUMS,LEGS,TUMS
	6.30pm – 7.30pm	LOWER BACK MANAGEMENT
FRIDAY	9.15am -10.00am	HIIT/STRETCH
	10.00am -11.30am	YOGA
	5.30pm – 6.30pm	PILATES
	6.30pm – 7.30pm	PILATES

**YOGA COURSES – enrolment required**

YOGA	MONDAY	6.15pm – 7.45pm & 8.00pm – 9.30pm
YOGA	TUESDAY	6.00pm - 7.30pm & 7.45pm – 9.15pm
YOGA	WEDNESDAY	6.00pm – 7.30pm
YOGA	THURSDAY	6.00pm – 7.30pm & 7.45pm – 9.15pm
YOGA	FRIDAY	6.30pm – 8.00pm