

WEEKDAY CLASSES

WEEKEND CLASSES

MON	TUE	WED	THU	FRI	SAT	SUN
CYCLE INDOORS 45 min 5.45 am BOOK ONLINE	BARBELL INDOORS 45 min 5.45 am BOOK ONLINE	TRX INDOORS 30 min 5.45 am BOOK ONLINE	BARBELL INDOORS 45 min 5.45 am BOOK ONLINE	CYCLE INDOORS 45 min 5.45 am BOOK ONLINE	TRX INDOORS 30 min 8.00 am BOOK ONLINE	
CROSS TRAINING OUTDOORS 40-45 min 5.45 am BOOK ONLINE		BURN HIIT CYCLE OUTDOORS 30 min 5.45 am BOOK ONLINE		CROSS CHALLENGE OUTDOORS 45-60 min 5.45 am BOOK ONLINE	BURN HIIT CYCLE OUTDOORS 30 min 8.00 am BOOK ONLINE	
TRX INDOORS 30 min 6.45 am BOOK ONLINE	CROSS TRAINING OUTDOORS 40-45 min 6.45 am BOOK ONLINE	CROSS TRAINING OUTDOORS 40-45 min 6.30 am BOOK ONLINE	BURN HIIT CYCLE OUTDOORS 30 min 6.45 am BOOK ONLINE		CROSS TRAINING OUTDOORS 40-45 min 8.45 am BOOK ONLINE	CYCLE OUTDOORS 45-60 min 8.30 am BOOK ONLINE
BARBELL INDOORS 45 min 6.00 pm BOOK ONLINE	CYCLE OUTDOORS 45 min 6.00 pm BOOK ONLINE	TRX INDOORS 30 min 6.00 pm BOOK ONLINE	CYCLE INDOORS 45 min 6.00 pm BOOK ONLINE		<p>COVID-19</p> <p>We are covid-safe with sanitisation of equipment before every class, limited participants in each class and attendance tracking & tracing.</p> <p>ONLINE CLASSES</p> <p>Pilates Cycle LIT Journey</p> <p>Our classes online are on-demand. You can do them anytime you like.</p>	
BEGINNERS INDOORS 20-30 min 7.00 pm BY APPOINTMENT	BEGINNERS INDOORS 20-30 min 7.00 pm BY APPOINTMENT	BEGINNERS INDOORS 20-30 min 7.00 pm BY APPOINTMENT	BEGINNERS INDOORS 20-30 min 7.00 pm BY APPOINTMENT			

■ HIGH INTENSITY ■ CARDIO ■ STRENGTH ■ MIXED ■ CHILL

Our studio is located at 11 Unicorn Lane, Ballarat. Please arrive 5 to 10 minutes before the scheduled start time and bring your own mat, towel and drink bottle.

For further details:

Contact us via email tim@integritygroupfitness.com.au or call 0437 587 558.

Visit us on the web www.integritygroupfitness.com.au

Follow us on facebook [integrity.fitness/facebook](https://www.facebook.com/integrity.fitness/) and instagram [integrity.fitness/instagram](https://www.instagram.com/integrity.fitness/)

Book classes online at [integrity.fitness/bookings](https://www.integrity.fitness/bookings)

Book a consultation with a personal trainer online at [integrity.fitness/pt](https://www.integrity.fitness/pt)