



# Re-Creation Health Club Caroline Springs May 2011

Group Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am				BODYPUMP				
	9.15am	BODYPUMP	BODYJAM		BODYSTEP	BODYCOMBAT	9.00am	BODYPUMP	
	9.45am			CIRCUIT X-PRESS		CIRCUIT X-PRESS	10.00am		BODYATTACK
	10.30am			ZUMBA	BODYPUMP				
	6.15pm		BODYPUMP	T.H.T	BODYJAM				
	6.30pm			CIRCUIT X-PRESS		CIRCUIT X-PRESS			
	7.15pm	FATBURNER	BODYATTACK	BODYSTEP	BODYPUMP	ZUMBA			
	8.15pm	BODYCOMBAT		ZUMBA	BODYATTACK				

Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am			SPIN		SPIN			
	9.15am		RPM				8.10am	SPIN	
							9.30am		RPM
	6.15pm	SPIN			RPM				
	6.30pm			BEGINNERS SPIN					
	7.15pm	BEGINNERS SPIN		RPM					
	7.30pm		SPIN						

Mind & Body	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	10.30am	BODYBALANCE	PILATES	BODYBALANCE	YOGA		10.00am	PILATES	
	6.30pm	AB ATTACK							
	7.00pm					BODYBALANCE			
	7.15pm	PILATES		AB ATTACK					
	7.45pm			BODYBALANCE					
8.15pm		BELLY DANCING							

Rampage	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am	BOOTCAMP							
	9.15am		CAMP COMMANDO	CARDIO BOX	CAMP COMMANDO		10.00am	CARDIO BOX	
	4.30pm		KICKS FOR KIDS		KICKS FOR KIDS				
	5.30pm		TEEN BOOTCAMP		TEEN BOOTCAMP				
	6.15pm	BOOTCAMP							
	7.15pm			LADIES BOXING CLINIC	BOOTCAMP				
8.15pm		CARDIO BOX							

**LES MILLS**

