



Re-Creation Health Club Caroline Springs SEP

Group Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am				BODYPUMP		9.00am	BODYPUMP	
	9.15am	BODYPUMP	BODYJAM		BODYSTEP	BODYCOMBAT	10.00am	PILATES	BODYATTACK
	9.45am			CIRCUIT X-PRESS		CIRCUIT X-PRESS			
	10.15am	T.T.T		ZUMBA	BODYPUMP				
	6.15pm		BODYPUMP	T.H.T	BODYJAM				
	6.30pm			CIRCUIT X-PRESS		CIRCUIT X-PRESS			
	7.00pm					ZUMBA			
	7.15pm	FATBURNER	BODYATTACK	BODYSTEP	BODYPUMP				
8.15pm	BODYCOMBAT		ZUMBA						

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

Mind & Body	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	10.15am		PILATES	BODYBALANCE	YOGA				
	7.00pm					BODYBALANCE			
	7.15pm	PILATES							
	7.45pm			AB ATTACK					
8.15pm		BELLY DANCING	BODYBALANCE						

Rampage	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	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

