

Re-Creation Health Club Caroline Springs FEBRUARY 2012

Group Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am				BODYPUMP				
	9.15am	BODYPUMP	BODYJAM		BODYSTEP	BODYATTACK	9.00am	BODYPUMP	
	9.45am			CIRCUIT X-PRESS		CIRCUIT X-PRESS	10.00am		BODYATTACK
	10.30am	BODYATTACK		ZUMBA	BODYPUMP				
	6.15pm		BODYPUMP	T.H.T	SH'BAM				
	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		PILATES	BODYBALANCE			10.00am	PILATES	
	6.30pm	AB ATTACK							
	7.00pm								
	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	CARDIO BOX						
	9.15am			CARDIO BOX			9.00am	CARDIO BOX	
	6.15pm	BOOTCAMP							
	7.15pm			LADIES BOXING CLINIC	BOOTCAMP				
8.15pm		CARDIO BOX							