



REC CLUB

www.casuarinarecclub.com.au

Opening Hours
Mon-Fri 6am-8pm
Sat-8am-5pm
Sun - 9am-5pm

GYM SCHEDULE
MARCH
Phone - 66749966

CASUAL VISIT- \$15
MEMBER GUEST VISIT-\$10
(ENTITLES YOU TO A CLASS / GYM / SWIM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 - 6.45am SUPER COMBO CIRCUIT	6.00 - 7.00am FITNESS CIRCUIT	6.00 - 7.00am ABS / SPIN Bookings Essential	5.30 - 6.15am SPIN Bookings Essential 6.15 - 7.00am 'HIT' SESSION	6.00 - 7.00am FITNESS CIRCUIT	8.00 - 9.00am BODYCOMBAT®
8.30 - 9.30am DYNAMIC YOGA	8.30 - 9.25am BODYPUMP® Bookings Essential	9.00 - 10.00am FITNESS CIRCUIT CLASS	8.30 - 9.25am BODYPUMP® Bookings Essential	8.00 - 8.45am HIT / SPIN Bookings Essential	
9.30 - 10.30am BOXING FITNESS	9.30 - 10.25am BODYPUMP® Bookings Essential	10.00 - 11.00am HOLISTIC YOGA 11.00 - 11.30am MEDITATION	9.30 - 10.15am 'HIT Session'	9.00 - 9.45am FITNESS CIRCUIT	
10.30 - 11.30am DYNAMIC YOGA		4.00 - 4.30pm ACTIVE KIDS 4-7 yrs / Free for Family Members \$5 Non Members Bookings Essential	10.30 - 11.30am BOXING FITNESS	10.00 - 11.00am TRIATHLON TRAINING SESSION	9.15am - 10.15am FITNESS CIRCUIT
5.30 - 6.30pm BODYCOMBAT®	10.30 - 11.30am PILATES		11.30am - 12.30pm PILATES	10.00 - 11.00am HOLISTIC YOGA	
	5.00 - 5.45pm SPIN Bookings Essential	5.15 - 6.15pm ABS / SPIN Bookings Essential	4.00 - 4.45pm KIDS BOX FITNESS 8yrs + / Free for Family Members \$5 Non Members		
	6.00 - 7.00pm BOXING FITNESS	6.30 - 7.30pm DYNAMIC YOGA	5.30 - 6.30pm BODYPUMP® Bookings Essential	5.30 - 6.30pm FITNESS CIRCUIT	
	7.00 - 8.00pm HOLISTIC YOGA		6.00 - 7.00pm BOXING FITNESS		

Crèche

\$3.00
per child
per hour

Mon

8.30-9.30am
9.30-10.30am
10.30-11.30am

Tues

8.30-9.30am
9.30-10.30am
10.30-11.30am

Wed

8.00-9.00am
9.00-10.00am
10.00-11.00am

Thurs

8.30-9.30am
9.30-10.30am
10.30-11.30am

Fri

8.00 - 9.00am
9.00-10.00am
10.00-11.00am

**Bookings can be
made up to 1
week in
advance**

AQUA PROGRAM NOW AVAILABLE / FREE TO MEMBERS / CASUAL AQUA CLASS \$7.50
AQUA AEROBICS, DEEP WATER TRAINING, WATER CIRCUIT