



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am - 7am SUPER COMBO CIRCUIT	6am - 7am FITNESS CIRCUIT	6am - 7am ABS /SPIN	5.30am - 6.15am SPIN	6am - 7am BODY PUMP®	GYM HOURS MON - FRI 6AM - 8PM SAT 8AM - 4PM SUN 9AM - 2PM CRECHE \$3.00 P/H P/C MON 8.30am - 11.30am TUES 8.30am - 11.30am WED 8.00am - 12.00pm THURS 8.30am - 11.30am FRI 8.00am - 11.00am
8.30am - 9.30am DYNAMIC YOGA	8.30am - 9.25am BODY PUMP®	8am - 8.45am PILATES - NEW CLASS	6.15am - 7am HIT SESSION	8am - 8.45am HIT / SPIN	
9.30am - 10.30am BOXING FITNESS	9.30am - 10.30am NEW CLASS** FUNCTIONAL FITNESS	9am - 10am FITNESS CIRCUIT	8.30am - 9.25am BODY PUMP®	9am - 10am FITNESS CIRCUIT	
10.30am - 11.30am DYNAMIC YOGA	10.30am - 11.30am PILATES	10am - 11am HOLISTIC YOGA	9.30am - 10.15am HIT SESSION	10am - 11am HOLISTIC YOGA	
			10.30am - 11.30am BOXING FITNESS		
			11.30am - 12.30pm PILATES		
	5pm - 5.45pm SPIN		4pm - 4.45pm KIDS 8yrs + \$5 N/M BOXING FITNESS		
5.30pm - 6.15pm HIT SESSION	6pm - 7pm BOXING FITNESS	5.15pm - 6.15pm ABS /SPIN	5.15pm - 6.15pm BODY PUMP®	5.30pm - 6.30pm FITNESS CIRCUIT	
6.30pm - 7.30pm BODY PUMP®	7pm - 8pm HOLISTIC YOGA	6.30pm - 7.30pm DYNAMIC YOGA	6.15pm - 7.15pm BOXING FITNESS		

bookings essential

N/M non members

M members

ph **02 6674 9966**

GET YOUR ASS INTO A CLASS

Casuarina
B E A C H

TM

REC CLUB

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