



REC CLUB

www.casuarinarecclub.com.au

**CASUAL \$15
MEM GUEST \$10**

**GYM SCHEDULE
FEBRUARY
Phone - 66749966**

OPENING HOURS
MON – FRI 6AM-8PM
SATURDAYS – 8AM-4PM / SUNDAYS 9AM-2PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 - 7.00am 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 BODYPUMP® Bookings Essential	
8.30 - 9.30am DYNAMIC YOGA	8.30 - 9.25am BODYPUMP® Bookings Essential	8.00- 8.45 am PILATES	8.30 - 9.25am BODYPUMP® Bookings Essential	8.00 – 8.45am HIT / SPIN	
9.30 - 10.30am BOXING FITNESS	9.30 - 10.25am "FUNCTIONAL FITNESS TRAINING"	9.00 - 10.00am FITNESS CIRCUIT CLASS	9.30 - 10.15am "HIT SESSION"	9.00 -10.00am FITNESS CIRCUIT	9.00am – 10.00am FITNESS CIRCUIT
10.30 -11.30am DYNAMIC YOGA	10.30 - 11.30am PILATES	10.00 – 11.00am HOLISTIC YOGA	10.30 - 11.30am BOXING FITNESS	10.00 - 11.00am HOLISTIC YOGA	
5.30 - 6.15pm HIT SESSION			11.30am – 12.30pm PILATES		
	5.00 - 5.45pm SPIN Bookings Essential		4.00 - 4.45pm KIDS BOX FITNESS 8yrs + Free for Family Members \$5 Non Members	5..30 - 6.30pm FITNESS CIRCUIT	
6.30 - 7.30pm BODYPUMP® Bookings Essential	6.00 - 7.00pm BOXING FITNESS	5.15 – 6.15pm ABS / SPIN Bookings Essential	5.15- 6.15pm BODYPUMP® Bookings Essential 6.15 - 7.15pm BOXING FITNESS	6.30 – 7.15pm STRETCH & CORE NEW CLASS	
	7.00 - 8.00pm HOLISTIC YOGA	6.30 – 7.30PM DYNAMIC YOGA NEW CLASS			

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
11.30-12.30pm

Friday
8.00 – 9.00am
9.00-10.00am
10.00-11.00am

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

**AQUA PROGRAM AVAILABLE - FREE TO MEMBERS
CASUAL AQUA / DEEP-WATER CLASS \$10.00 (10 VISITS \$90.00)
INDOOR POOL CLOSSES 30 MINUTES BEFORE CLOSING**