

	MON 18 TH DEC	TUE 19 TH DEC	WED 20 TH DEC	THUR 21 ST DEC	FRI 22 ND DEC	SAT 23 RD DEC	SUN 24 TH DEC XMAS EVE
5.50am	SPIN (NICOLETTA)		SPIN (KATIE)		SPIN (NICOLETTA)		
6.00am	PILATES (IRA)	FUNCTIONAL FITNESS (KARLA)		BODYPUMP (KELLIE)			
7.30am						FUNCTIONAL FITNESS (CAROLINE)	
8.30am		STEP (PETA)	MODERN PILATES (IRA)	STEP (MARIETTA)		UBOUND (CAROLINE)	
9.15am	SPIN (MERNELLIE)	SPIN (KATIE)	SPIN (NICOLETTA)	SPIN (MERNELLIE)	SPIN (KATIE)	SPRINT (SHAUN)	
9.30am	KETTLE K & ABS (DEAN)	ASHTANGA YOGA (NANDINI)	BODYPUMP (FELIPE)	GYMSTICK (MARIETTA)	BODYPUMP (MERNELLIE)	BODYPUMP (SAVVAS)	
10.30am	ZUMBA (YALEIKA)	MODERN PILATES (IRA)	DYNAMIC YOGA (AMANDA)	STRONG (YALEIKA)		YOGA 75MIN (AMANDA)	
		FUNCTIONAL FITNESS (JAMES)					
11.30am	BOXING (MERNELLIE)	BOXING (MERNELLIE)		BOXING (MERNELLIE)	BOXING (MERNELLIE)	11.45AM BOXING (MERNELLIE)	BOXING (MERNELLIE)
5.30pm	METAFIT (LOUISE C)	CORE & MORE (NICKY)	BODYPUMP (KATE W) BOXING (MERNELLIE)	BURN (NICKY)			
6.00pm	METAFIT (LOUISE C)	VINYASA YOGA (BEVERLEE)		DYNAMIC YOGA (AMANDA)	ZUMBA (JANINA)		
6.30pm	PILATES (BEVERLEE)	SPRINT (JACQUI)	SPIN (PETER R)	BODYPUMP (SALLY)	HATHA YOGA (NANDINI)		
	SPIN (NICOLETTA)						
7.00pm		FUNCTIONAL FITNESS (JAMES)					
7.30pm	BODYPUMP (SAVVAS) YOGA (BEVERLEE)	ZUMBA (ESTHER)	VINYASA YOGA (PEARL)	KONGA (NICKY)			
	MON 25 TH DEC MERRY XMAS	TUE 26 TH DEC	WED 27 TH DEC	THUR 28 TH DEC	FRI 29 TH DEC	SAT 30 TH DEC	SUN 31 ST DEC
6.00am				BODYPUMP (KELLIE)			
8.30am	BODYATTACK (DOUG)		MODERN PILATES (JENNY M)	STEP (MARIETTA)		UBOUND (EMMA WASSEL)	FIGHT FIT (CARLY)
						SPRINT (SHAUN)	
9.15am		SPIN (MERNELLIE)	SPIN (MERNELLIE)	SPIN (MERNELLIE)	SPIN (KATIE)	SPRINT (SHAUN)	SPIN (KATIE)
9.30am		ASHTANGA YOGA (HELENA)	BODYPUMP (FELIPE)	VINYASA FLOW (HELENA)	BODYPUMP (MERNELLIE)	BODYPUMP (SAVVAS)	
					PILATES (BEVERLEE)		
10.30am		GYMSTICK (MERNELLIE)	PERFECT CORE (MARIETTA)	STRONG (YALEIKA)	RESTORATIVE YOGA (BEVERLEE)	YOGA 75MIN (AMANDA)	
			DYNAMIC YOGA (AMANDA)				
11.30am		BOXING (MERNELLIE)	BOXING (MERNELLIE)	BOXING (MERNELLIE)	BOXING (MERNELLIE)	11.45AM BOXING (MERNELLIE)	BOXING (MERNELLIE)
6.00pm		YOGA (BEVERLEE)		DYNAMIC YOGA (AMANDA)	ZUMBA (JANINA)		
6.30pm				BODYPUMP (SALLY)	HATHA YOGA (NANDINI)		
	MON 1 ST JAN HAPPY NEW YEAR	TUES 2 ND JAN	WED 3 RD JAN	THUR 4 TH JAN	FRI 5 TH JAN	SAT 6 TH JAN	SUN 7 TH JAN
6.00am				BODYPUMP (KELLIE)			
7.30am						FUNCTIONAL FITNESS (CAROLINE)	
8.30am			MODERN PILATES (JENNY M)	STEP (MARIETTA)		UBOUND (CAROLINE)	FIGHT FIT (CARLY)
						SPRINT (SHAUN)	
9.15am	SPIN (MEL MORONY)	SPIN (PAT)	SPIN (CAROLINE L)	SPIN (MERNELLIE)	SPIN (KATIE)	SPRINT (SHAUN)	SPIN (KATIE)
9.30am	PILATES (JANELLE GILLING)	ASHTANGA YOGA (NANDINI)	BODYPUMP (MERNELLIE)	VINYASA FLOW (NANDINI)	BODYPUMP (MERNELLIE)	BODYPUMP (SAVVAS)	
					PILATES (BEVERLEE)		
10.30am	ZUMBA (YALEIKA)		PERFECT CORE (MARIETTA)	STRONG (YALEIKA)	RESTORATIVE YOGA (BEVERLEE)	YOGA 75MIN (AMANDA)	
11.30am		BOXING (MERNELLIE)		BOXING (MERNELLIE)	BOXING (MERNELLIE)	BOXING (MERNELLIE) 11.45AM	BOXING (MERNELLIE)
5.30pm			BOXING (MERNELLIE)				
6.00pm		VINYASA YOGA (BEVERLEE)		DYNAMIC YOGA (AMANDA)	ZUMBA (JANINA)		
6.30pm		SPRINT (JACQUI)	HATHA YOGA (PEARL)	BODYPUMP (SALLY)	HATHA YOGA (NANDINI)		
7.30pm		ZUMBA (ESTHER)					

On behalf of the entire TEAM at ReCreation we take a moment to thank you for your ongoing support and wish you and your's a safe holiday season and prosperous (and FIT) New Year!!!

