

Re-Creation Sorrento Health Club
LIKE US ON FACEBOOK: Re-Creation Sorrento

Monday 20th January – end of February 2020

For class descriptions download our
 Re-Creation Health Club App

Portsea Gym

123 Hotham Rd Sorrento

PH: 03 5984 0304

Staffed Hours

Mon to Thurs

8.30am - 12.00pm

4.00pm - 7.00pm

Fri to Sat

8.30am - 12.00pm

Sun

9.00am - 12.00pm

After hours 5am - 10pm

AUSTRALIA DAY
MONDAY 27TH JANUARY
8.30am-12.00pm
(No Evening Classes)

Fitness classes

Sorrento Gym

68 Ocean Beach Rd Sorrento

PH: 03 5984 2812

Staffed Hours

Mon to Thurs

9.00am - 6.00pm

Fri to Sun

9.30am - 1.00pm

After hours 6am - 10pm

AUSTRALIA DAY
MONDAY 27TH JANUARY
9.00am-12.00pm

Salt Room

www.recreationsorrento.com.au

info@recreationsorrento.com.au

20TH JANUARY – END OF FEBRUARY Re-Creation - Portsea Gym

Download Re-Creation Health Club APP for timetable

START TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.15am	Boxing Karen				Boxing Karen		
8.00am				Boxing for Beginners Karen 45 min			
8.30am						Boxing Karen	
8.30am						Spin Penny 45 min	
9.00am	Spin Easy Rider Sue 45min			Spin Karen 45 min			
9.15am	Pump Penny	Body Burn Lisa	Tone It Up Helen	Dance Fit Deb 45min	Triple Fit Penny		
9.30am						Pump Penny	Triple Fit Deb
10.15am	Strength N Shape 45min Penny	Fitball Lisa	Mat Pilates Helen	Prime Movers Sue			
10.30am					Yoga John	Yoga Angela	Yoga Di
11.15am	11.00am Prime Movers Sue	Dance Fit Deb 45min	Prime Movers Sue				
4.30pm				Boxing Karen			
5.30pm	Triple Fit Penny	Rock Cycle Penny 30min		Pump Penny			
5.45pm			Spin Trooper 45min Karen				
6.00pm		Pump Penny					
6.30pm	Yoga John		Boxing Karen	Yoga Angela			