

Re-Creation Sorrento Christmas 2017 UPDATE

PH: 59840304

www.recreationsorrento.com.au

HOTHAM GYM

123 Hotham Rd Sorrento
After-hours access daily from
5am -10pm

Staffed hours

Mon to Thu 8.30am - 12.00pm

4.00pm - 7.00pm

Fri to Sun 8.30am - 12.00pm

CHRISTMAS DAY CLOSED

NEW YEAR'S DAY 9.30AM -12PM

SALT GYM

68 Ocean Beach Rd Sorrento
After-hours access daily from
6am -10pm

Staffed Hours

Mon to Thu 8.30am - 7.00pm

Fri to Sun 8.30am - 5.00pm

CHRISTMAS DAY CLOSED

NEW YEAR'S DAY 1.00PM-3.00PM

Holiday Timetable from Boxing Day to New Years Day

START TIME	TUE 26 Box Day	WED 27	THURS 28	FRI 29	SAT 30	SUN 31 NY Eve	MON 1 NY Day
6.15am				Catalucci Boxing Karen			
7.30am			Beach Boxing. Karen		Beach FIT 45 Jo		
8.15am			Beach Yoga Sonja	Beach Yoga Felicity	Beach Yoga John	Beach Yoga Ebony	
8.30am					Catalucci Boxing		
8.45am	Spin (45mins) Felicity	Spin (45mins) Tom 2 nd Penny	Spin (45mins) Penny	Spin (45mins) Jen B	Spin (45mins) Penny	Spin (45mins) Lauren	
9.30am	Body Burn Lisa	Tone It Up Helen	Pump Penny	Tabata + Abs Jen	Pump Penny	Pump Lauren	Recovery Spin (45mins)Jo
10.30am	Fitball Lisa	Mat Pilates Helen	Prime Movers Sue	Yoga John	Mat Pilates Susan	Yoga Di	Abs +Stretch (30mins)Jo
5.45pm		Spin Trooper					
6.00pm			Pump Leanne				
6.30pm		Catalucci Boxing					

Holiday Timetable From 2nd January - 21st January

START TIME	MON 8th 15th	TUE 9th 16th	WED 10th 17th	THURS 11th 18th	FRI 12th 19th	SAT 13th 20th	SUN 14th 21st
6.15am	Catalucci Boxing Karen				Catalucci Boxing Karen		
7.30am		Beach FIT 45 Joel		Beach Boxing. Karen		Beach FIT 45 Jo	
8.15am	Beach Yoga Di	Beach Yoga Felicity	Beach Yoga John	Beach Yoga Sonja	Beach Yoga Emma	Beach Yoga John	Beach Yoga Ebony
8.30am						Catalucci Boxing	
8.45am	Spin (45mins) Felicity	Spin (45mins) Tom 2 nd Penny	Spin (45mins) Tom 3 rd Felicity	Spin (45mins) Penny	Spin (45mins) Jen B	Spin (45mins) Penny	Spin (45mins) Lauren
9.30am	Pump Lynne	Body Burn Lisa	Tone It Up Helen	Pump Penny	Tabata + Abs Jen	Pump Penny	Pump Lauren
10.30am	Body Balance Lynne	Fitball Lisa	Mat Pilates Helen	Prime Movers Sue	Yoga John	Mat Pilates Susan	Yoga Di
5.30pm	Fit 30 Jo (30mins)					Please Note there may be changes to the Christmas timetable Refer to our website or download the Re-Creation Health Club App All classes are held at 123 Hotham Rd, Sorrento Classes are 55 mins unless otherwise noted	
5.45pm			Spin Trooper Karen (45mins)				
6.00pm	Abs Jo (30mins)	Pump Lauren		Pump Leanne			
6.30pm	Yoga John		Catalucci Boxing Karen				

Beach Yoga and Beach Fit 45 Starts from Thursday 28th Dec

Beach classes finish on Sunday 21st January

Located at Sorrento Foreshore next to the Rotunda

Bad Weather!! Refer to the App – Beach yoga will be relocated to the gym

Public holidays

Christmas Day- Both clubs are closed

New Year's Eve – Normal hours for Sunday

New Year's Day- Hotham 9.30-12 Salt 1pm – 3pm