

MYGYM CHRISTMAS AND NEW YEAR TIMETABLE 2011/2012

	MON 19/12	TUE 20/12	WED 21/12	THUR 22/12	FRI 23/12	SAT 24/12
6:30am		STRENGTH	X-TRAINING	X-TRAINING	STRENGTH	
7:15am		STRENGTH	STRENGTH	X-TRAINING	X-TRAINING	Christmas
8:00am						Eve
9:00am						
9:30am	<i>Mums+Bubs</i>					GYM
9:45am						CLOSED
12:30pm	STRENGTH	F.I.T.	X-TRAINING	F.I.T.		
1:15pm	BOXING	X-TRAINING	BOXING	STRENGTH		
4:30pm						
5:10pm	STRENGTH*		X-TRAINING*			Christmas
5:45pm	STRENGTH	X-TRAINING	Adv BOXING	X-TRAINING		Eve
6:30pm	X-TRAINING	F.I.T.	STRENGTH	BOXING		
7:15pm	Beginner's BOXING	X-TRAINING	F.I.T.	STRENGTH		

Gym closed Saturday December 24, 2011 until Monday January 2, 2012, inclusive.

MyGym members may use **Hiscoes Fitness Club**, 525 Crown St, Surry Hills (parking available) during this week.

Hiscoes open Tues Dec 27th – Fri Dec 30th, 9am – 8pm, Sat Dec 31st 9am-1pm.

MyGym X-TRAINING sessions Tues 27, Wed 28, Thurs 29 @ 6.30pm

**just mention at reception that you're a member of MyGym Alexandria*

	MON 02/01	TUE 03/01	WED 04/01	THUR 05/01	FRI 06/01	SAT 07/01
6:30am			X-TRAINING	X-TRAINING	STRENGTH	
7:15am			STRENGTH	X-TRAINING	X-TRAINING	
8:00am						
9:00am						X-TRAINING
9:30am					X-TRAINING TRX	
9:45am						STRENGTH
11:15am						X-TRAINING
12:00pm						BOXING
12:30pm			X-TRAINING	F.I.T.		
1:15pm			BOXING	STRENGTH		
4:30pm						
5:10pm			X-TRAINING*			
5:45pm		X-TRAINING	Adv BOXING	X-TRAINING		
6:30pm		F.I.T.	STRENGTH	BOXING		
7:15pm		X-TRAINING	F.I.T.	STRENGTH		

PRICING OPTIONS 2012

CASUAL CLASSES (Boxing, FIT & MUMS+BUBS)

PAY PER SESSION: \$22, 10-SESSION PASS: \$180

GROUP PERSONAL TRAINING - BOOKINGS ESSENTIAL

PAY PER SESSION: \$36, 10-SESSION PASS: \$320

MEMBERSHIP OPTIONS: **includes casual gym use and unlimited Boxing and FIT classes

Group Personal Training sessions per week	Price per week, direct debit no minimum term
1	\$45
2	\$55
3	\$65