

MY GYM FESTIVE SEASON TIMETABLE 2009/2010

December 21 – 26, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am		X-TRAINING		24/12	25/12	26/12
7:15am		X-TRAINING	X-TRAINING			
9:00am						
9:45am				Christmas	Christmas	Boxing
10.30am				Eve	Day	Day
10:30am						
11:15am						
12:00pm				CLOSED	CLOSED	CLOSED
12:30pm	X-TRAINING	F.I.T	STRENGTH			
1:15pm	STRENGTH	X-TRAINING	BOXING			
5:45pm	STRENGTH	X-TRAINING	X-TRAINING			
6:30pm	X-TRAINING	F.I.T	STRENGTH			
7:15pm	BOXING	X-TRAINING	F.I.T			

December 28, 2009 – Jan 2, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				31/12	01/01	02/01
				New Years	New Years	Recovery
				Eve	Day	Day
				CLOSED	CLOSED	CLOSED
5:45pm				STRENGTH	X-TRAINING	X-TRAINING
6:30pm	BOXING	F.I.T	STRENGTH			

January 4 – 9, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am		X-TRAINING		STRENGTH		
7:15am		X-TRAINING	X-TRAINING	STRENGTH		
9:00am						X-TRAINING
9:45am						STRENGTH
10.30am						RUNNING
11:15am						X-TRAINING
12:00pm						BOXING
12:30pm	X-TRAINING	F.I.T	STRENGTH	F.I.T		
1:15pm	STRENGTH	X-TRAINING	BOXING	X-TRAINING		
5:45pm	STRENGTH	X-TRAINING	X-TRAINING	X-TRAINING	HEAVY	
6:30pm	X-TRAINING	F.I.T	STRENGTH	BOXING	METAL	
7:15pm	BOXING	X-TRAINING	F.I.T	STRENGTH		

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 Or stop in at Studio 1, 154 HENDERSON RD, or visit us online www.mygym.net.au