

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		X-TRAINING	X-TRAINING		STRENGTH	
7:15am		X-TRAINING	X-TRAINING		X-TRAINING	Christmas
8:00am						Eve
9:00am						
9:30am						GYM
9:45am						OPEN
12:30pm		STRENGTH		X-TRAINING		9am – 1pm
1:15pm		X-TRAINING		X-TRAINING		
4:30pm						
5:10pm						Christmas
5:45pm	X-TRAINING	X-TRAINING				Eve
6:30pm	X-TRAINING	STRENGTH	X-TRAINING	X-TRAINING		
7:15pm		X-TRAINING				

	TUE 27/12	WED 28/12	THUR 29/12	FRI 30/12	SAT 31/12	TUES 03/01
	GYM	GYM	GYM	GYM	GYM	GYM
	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
	9am – 8pm	9am – 8pm	9am – 8pm	9am – 8pm	9am – 1pm	6am – 10pm
5:10pm						
5:45pm						X-TRAINING
6:30pm	X-TRAINING	X-TRAINING	X-TRAINING			STRENGTH
7:15pm						X-TRAINING

PRICING OPTIONS 2012

BOOKINGS ESSENTIAL

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

Hiscoes members: PAY PER SESSION: \$30, 10-SESSION PASS: \$280

Membership options (in addition to Hiscoes membership fees)

Group Personal Training sessions per week	Price per week, direct debit no minimum term
1	\$26
2	\$45
3	\$58