

MY GYM TIMETABLE 22/4 – 02/05

	22/04	23/04	24/04	26/04	27/04	28/04	29/04	30/04	01/05
	THURSDAY	FRIDAY	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am	X-TRAINING				STRENGTH		X-TRAINING		
7.15am	X-TRAINING				STRENGTH		X-TRAINING		
9.00am			X-TRAINING	PUBLIC					X-TRAINING
9.45am			STRENGTH	HOLIDAY					STRENGTH
10.30am			X-TRAINING						X-TRAINING
		NO		GYM				NO	
12.30pm		SESSIONS		CLOSED		X-TRAINING		SESSIONS	
1.15pm						BOXING			
5.45pm	X-TRAINING				X-TRAINING	BOXING	X-TRAINING		
6.30pm	BOXING				FIT	STRENGTH	BOXING		
7.15pm	STRENGTH				X-TRAINING	FIT	STRENGTH		

Mac, Lynsey and Louis are heading off to Bali to help celebrate Oscar's wedding, and try to squeeze in a little much needed rest as well. They will be away from 22/04 to 02/05. While they are away, *Maria, Kate and Michaela* will be doing a bit more, and *Troy* will be dropping in again. The timetable is a bit leaner, so make sure you check in advance to make sure your session is on.

To make sure that things run as smoothly as possible, we really need you to **confirm your strength and x-training sessions in advance** for the week, by **Monday 19<sup>th</sup> April**. We understand this requires a bit of planning but we are sure you will manage! You can confirm in person, text or online. Please only nominate sessions you are sure you can attend. Just turn up for boxing and FIT as usual – no need to book.

Thanks for your cooperation!



[www.mygym.net.au](http://www.mygym.net.au) / 154 Henderson Rd Alexandria / [info@mygym.net.au](mailto:info@mygym.net.au) / PH: 0448880810

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		NO		GYM				NO	
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