

# MYGYM & HIIT XMAS/NEW YEAR Timetable

| MON 18                    | TUES 19                   | WED 20                    | THURS 21                  | FRI 22                   | SAT 23                   | SUN 24                   |
|---------------------------|---------------------------|---------------------------|---------------------------|--------------------------|--------------------------|--------------------------|
| <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 9pm | <b>OPEN</b><br>7am – 8pm | <b>OPEN</b><br>9am – 2pm |

MyGym and HIIT Sessions will run as usual timetable until and including Saturday December 23 - limited timetable between Christmas and New Year

| MON 25        | TUES 26       | WED 27                   | THURS 28                 | FRI 29                   | SAT 30                   | SUN 31                   |
|---------------|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>CLOSED</b> | <b>CLOSED</b> | <b>OPEN</b><br>7am - 8pm | <b>OPEN</b><br>7am - 8pm | <b>OPEN</b><br>7am - 8pm | <b>OPEN</b><br>7am - 8pm | <b>OPEN</b><br>9am - 2pm |



|  |  |                           |                           |  |                           |  |
|--|--|---------------------------|---------------------------|--|---------------------------|--|
|  |  |                           |                           |  | 9.00am<br><b>HIIT</b>     |  |
|  |  | 6.00pm<br><b>HIIT</b>     | 6.00pm<br><b>HIIT</b>     |  | 9.30am<br><b>STRENGTH</b> |  |
|  |  | 6.30pm<br><b>STRENGTH</b> | 6.30pm<br><b>STRENGTH</b> |  | 10.30am<br><b>X-TRAIN</b> |  |

| MON 1         | TUES 2                    | WED 3                     | THURS 4                   | FRI 5                    | SAT 6                    | SUN 7                    |
|---------------|---------------------------|---------------------------|---------------------------|--------------------------|--------------------------|--------------------------|
| <b>CLOSED</b> | <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 10pm | <b>OPEN</b><br>6am – 9pm | <b>OPEN</b><br>7am – 8pm | <b>OPEN</b><br>9am – 7pm |



**Return to regular scheduling** - look out for some changes to MyGym in the New Year! Session times will remain the same but the focus of some of the sessions may be different. Mac and Lynsey and the team are looking forward to an action-packed 2018

|  |                           |  |  |  |  |  |
|--|---------------------------|--|--|--|--|--|
|  |                           |  |  |  |  |  |
|  | 6.00pm<br><b>HIIT</b>     |  |  |  |  |  |
|  | 6.30pm<br><b>STRENGTH</b> |  |  |  |  |  |



**GROUP TRAINING  
STUDIO**

[WWW.MYGYM.NET.AU](http://WWW.MYGYM.NET.AU)