

MYGYM & HIIT Xmas Timetable

Mon 19	Tues 20	Wed 21	Thur 22	Fri 23	Sat 24	Sun 25
6am – 10pm	6am – 10pm	6am - 10pm	6am - 10pm	6am - 9pm	7am – 2pm	CLOSED
	6.15am X-Train	6.15am Strength	6.15am X-Train	6.15am Strength		
	7.00am HIIT	7.00am HIIT	7.00am HIIT		10.30am X-Train	
12.30pm HIIT	12.30pm XTRAIN	12.30pm HIIT	12.30pm XTRAIN	12.30pm Strength		
5.45pm X-Train	5.45pm X-Train		5.45pm X-Train			
6.30pm X-Train	6.30pm Strength	6.30pm X-Train	6.30pm Strength			

Mon 26	Tue 27	Wed 28	Thur 29	Fri 30	Sat 31	Sun 1
CLOSED	7am – 8pm	6am – 8pm	6am – 8pm	6am - 9pm	7am - 2pm	CLOSED
	6.30pm Strength	6.30pm X-Train	6.30pm Strength		10.30am X-Train	

Mon 2	Tues 3	Wed 4	Thur 5	Fri 6	Sat 7	Sun 8
6am – 10pm	6am – 10pm	6am - 10pm	6am - 10pm	6am - 9pm	7am – 8pm	9am - 7pm
	6.15am X-Train		6.15am X-Train	6.15am Strength	9.00am HIIT	
	7.00am HIIT		7.00am HIIT		9.30am Strength	
	12.30pm XTRAIN	12.30pm HIIT	12.30pm XTRAIN	12.30pm Strength	10.30am X-Train	
	5.45pm X-Train	6.00pm HIIT	5.45pm X-Train			
	6.30pm Strength	6.30pm X-Train	6.30pm Strength			