

# Gymea Bay Fitness Group Exercise Time Table

## 19/12/2011 to 28/01/2012

Creche Closed from 24/12/11 to 08/01/2012

Class Time	Monday 19/12/11	Tuesday 20/12/11	Wednesday 21/12/11	Thursday 22/12/11	Friday 23/12/11	Saturday 24/12/11
						Body Pump 9.00am
9.30am	X-Trainer	Body Pump	Body Combat	Pilates	X-Trainer	Pilates 10.00am
5.45pm	Body Combat	Body Pump Q	X-Trainer			<b>Sunday 25/12/2011</b>
6.30pm	Body Pump	Body Combat				<b>Merry Christmas</b>
7.30pm	Yoga		Pilates			<b>7.30 am to 12 noon</b>

	Monday 26/12/11	Tuesday 27/12/11	Wednesday 28/12/11	Thursday 29/12/11	Friday 30/12/11	Saturday 31/12/11
						<b>New Years Eve</b>
	<b>No Classes No Creche</b>	<b>No Classes No Creche</b>	<b>No Classes No Creche</b>	<b>No Classes No Creche</b>	<b>No Classes No Creche</b>	<b>7.30 am to 12 noon</b>
						<b>No Classes</b>
	<b>Public Holiday</b>	<b>Public Holiday</b>				<b>Sunday 01/01/2012 Happy New Year!</b>
	<b>7.30 am to 12 noon</b>	<b>7.30 am to 12 noon</b>	<b>5.30 am to 9.00 pm</b>	<b>5.30 am to 9.00 pm</b>	<b>5.30 am to 8.00 pm</b>	<b>7.30 am to 12 noon</b>

Class Time	Monday 02/01/12	Tuesday 03/01/12	Wednesday 04/01/12	Thursday 05/01/12	Friday 06/01/12	Saturday 07/01/12
	<b>Public Holiday</b>	<b>No Creche</b>	<b>No Creche</b>	<b>No Creche</b>	<b>No Creche</b>	<b>7.30 am to 6.00 pm</b>
9.30am	<b>7.30 am to 12 noon</b>	Body Pump	Body Combat	Pilates	X-Trainer	Body Pump 9.00am
	<b>No Classes No Creche</b>					Pilates 10.00am
6.30 pm	<b>Public Holiday</b>	Body Pump	X-Trainer			
	<b>7.30 am to 12 noon</b>	<b>5.30 am to 9.00 pm</b>	<b>5.30 am to 9.00 pm</b>	<b>5.30 am to 9.00 pm</b>	<b>5.30 am to 8.00 pm</b>	<b>7.30 am to 6.00 pm</b>

<b>Class Time</b>	<b>Monday 09/01/12</b>	<b>Tuesday 10/01/12</b>	<b>Wednesday 11/01/12</b>	<b>Thursday 12/01/12</b>	<b>Friday 13/01/12</b>	<b>Saturday 14/01/12</b>
						Body Combat <b>8.00am</b>
<b>9.30am</b>	X-Trainer	Body Pump	Body Combat	Pilates	X-Trainer	Body Pump <b>9.00am</b>
						Pilates <b>10.00am</b>
<b>5.45pm</b>	Body Combat	Body Pump Q	X-Trainer			
<b>6.30pm</b>	Body Pump	Body Combat				
<b>7.30pm</b>	Yoga		Pilates			

<b>Class Time</b>	<b>Monday 16/01/12</b>	<b>Tuesday 17/01/12</b>	<b>Wednesday 18/01/12</b>	<b>Thursday 19/01/12</b>	<b>Friday 20/01/12</b>	<b>Saturday 21/01/12</b>
						Body Combat <b>8.00am</b>
<b>9.30am</b>	X-Trainer	Body Pump	Body Combat	Pilates	X-Trainer	Body Pump <b>9.00am</b>
						Pilates <b>10.00am</b>
<b>5.45pm</b>	Body Combat	Body Pump Q	X-Trainer			
<b>6.30pm</b>	Body Pump	Body Combat				
<b>7.30pm</b>	Yoga		Pilates			

<b>Class Time</b>	<b>Monday 23/01/12</b>	<b>Tuesday 24/01/12</b>	<b>Wednesday 25/01/12</b>	<b>Thursday 26/01/12</b>	<b>Friday 27/01/12</b>	<b>Saturday 28/01/12</b>
				<b>Australia Day</b>		Body Combat <b>8.00am</b>
<b>9.30am</b>	X-Trainer	Body Pump	Combat	<b>7.30 am to 12 noon</b>	X-Trainer	Body Pump <b>9.00am</b>
				<b>No Classes No Creche</b>		Pilates <b>10.00am</b>
<b>5.45pm</b>	Body Combat	Body Pump Q	X-Trainer	<b>Australia Day</b>		
<b>6.30pm</b>	Body Pump	Body Combat		<b>7.30 am to 12 noon</b>		
<b>7.30pm</b>	Yoga		Pilates			

## **GyMEA Bay Fitness**

[www.gymeabayfitness.com.au](http://www.gymeabayfitness.com.au)

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## **Operating Hours**

Monday to Thursday **5:30 am --- 9:00 pm**

Friday **5.30 am --- 8.00 pm**

Saturday & Sunday **7:30 am --- 6.00 pm**

**Public Holidays 7.30 am --- 12 noon**