

**CHRISTMAS NEW YEAR GROUP FIT AND STAFFED HOURS  
PLEASE READ CAREFULLY AS STAFFED HOURS WILL BE  
LIMITED AND YOU WILL REQUIRE A 24/7 FOB FOR ENTRY  
INCLUDING SOME CLASSES.**

**Monday 11th 2017 Club Open with Staff 6am - 7pm**

6.10am HIIT - FUNCTIONAL BOTH AREAS - SHANE

8.45am - OLDER ADULTS - KYLE

9am - CYCLE - MEL

9.30am STEEL TRAINING - MEL

10.30am - MUMS N BUBS - SAM

5pm - STEEL TONIC - MEL

5.45pm BODY COMBAT - MEL

6pm CYCLE - KIM.K

6.30pm WELLBEING TAI CHI PILATES - Kim

**Tuesday 12th Club Open with staff 6am - 7pm**

6.10am STEEL TRAINING KIM.L

6.10am CYCLE - KIM.K

9.30am TUMMY HIPS THIGHS - MELANIE

5pm STEP - MEL

5.45pm - HIIT - MEL

6pm CYCLE - KIM.K

6.30pm KIMAX - KIM.L

**Wednesday 13th Club Open with staff 6am - 7pm**

6.10am HITT FUNCTIONAL FITNESS BOTH AREAS - LARISSA

9am STEEL TONIC EXPRESS - MEL

9.30am BODY COMBAT - MEL

5pm STEEL TRAINING - MEL

5.45pm MELS MASH UP - MEL

5.30pm BOXING CIRCUIT - TROY

6pm CYCLE - KIM.L

**Thursday 14th Club Open with staff 6am - 7pm**

6.10am TUMMY HIPS THIGHS - KIM.K

9am CYCLE - MEL & 9.30am MELS MASH UP - MEL

5PM CYCLE - GARY

5.45PM KIMAX - SHANE

6.30PM TUMMY HIPS THIGHS - KIM.L

**Friday 15th Club Open with staff 8am - 6pm**

9.30am STEEL TRAINING - MEL

5.30pm KIMAX - GARY

**Saturday 16TH Club Open with staff 8am - 10am**

8.30am CYCLE - MEL & 9.15am MELS MASH UP

**Sunday 17th NO STAFF 24/7 FOB REQUIRED**

**NO CLASSES - STAFF XMAS PARTY NIGHT PRIOR!**

**Monday 18th Club Open with staff 8am – 7pm**

6.10am TUMMY HIPS THIGHS - KIM.L. You need a 24/7 fob

9am CYCLE - MEL

8.45am OLDER ADULTS - KYLE

9.30am MEL'S MASH UP - MEL

5.45pm BODY COMBAT XMAS CLASS 55 MINS

6pm FUNCTIONAL FITNESS - ABBY

6pm CYCLE KIM.K

**Tuesday 19th Club Open with Staff 8am – 7pm**

6.10am CYCLE - KIM.L. You need a 24/7 fob

9.30am HIIT - MELANIE

4.45pm Steel Training - Mel

5.30pm MELS MASH UP - MEL & 5.45pm CYCLE - KIM.K

6.15pm KIMAX - GARY

**Wednesday 20th Club open with staff 8am – 7pm**

6.10am HIIT FUNCTIONAL FITNESS - SHANE. You need a 24/7 fob

9am CYCLE - MEL & 9.30am STEEL TONIC - MEL

5pm CYCLE EXPRESS - MEL & 5.30pm MIIT CIRCUIT - MEL

6pm BOXING CIRCUIT - STEVE

6.15PM TUMMY HIPS THIGHS - KIM.L

**Thursday 21st Club Open with staff 6am – 7pm**

6.10am CYCLE - LARISSA. You need a 24/7 fob

9.30am BODY COMBAT - MEL

5.30pm TUMMY HIPS THIGHS - MELANIE

6pm FUNCTIONAL FITNESS - SHANE

**Friday 22nd Club Open with staff 6am – 6pm**

6.10am HIIT FUNCTIONAL FITNESS - SHANE

9am CYCLE - MEL & 9.30am STEEL TRAINING - MEL

**Saturday 23rd Club Open with staff 8am-12noon**

8.30am MEL'S MASH & BODY COMBAT 60 mins

**Sunday 24th XMAS EVE & MONDAY 25th**

**NO CLASSES & NOT STAFFED**

**TUESDAY 26TH Boxing Day -**

**PLEASE CHECK FACEBOOK FOR DETAILS**

**Wednesday 27th Club staffed 9am - 12noon & 4pm - 6pm**

9am Steel Training Express, 9.30am HIIT, 4.45pm Mels' Mash Up, 5.30pm Cycle.

**Thursday 28th Club staffed 9am - 12noon & 4pm - 6pm**

9am Cycle, 9.30am Steel Training, 5pm Cycle Express, 5.30pm Steel Tonic,

**Friday 29th Club staffed 9am - 12noon**

9am Cycle & 9.30am Mels Mash Up

**Saturday 30th Club staffed 8AM - 10AM**

8.30AM CYCLE & 9.15AM STEEL TRAINING

**Sunday 31st Club NOT STAFFED**

**Monday 1st January 2018 CLUB NOT STAFFED**

**Tuesday 2ND January 2018 CLUB NOT STAFFED**

