

GROUP FITNESS TIMETABLE MIDLAND

GROUP FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY HOURS	SATURDAY	SUNDAY HOURS	SUNDAY
6:00AM	RPM 30	LES MILLS BODYPUMP	METAFIT	LES MILLS BODYATTACK	BOXING 45	7.15AM	S45		
	S45			S45					
8:00AM	ACTIVE			S45	ACTIVE	8:00AM	LES MILLS RPM	8:15AM	S45
9:15AM	LES MILLS BODYPUMP	S45	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	9:00AM	LES MILLS BODYPUMP	9:00AM	KONGA
10:45AM	YOGA	PILATES	KONGA	BARRE	S45	10:30AM	YOGA	10:30AM	PILATES
12:30PM LUNCHTIME 30 MINUTE EXPRESS	S30	BOXING 30	S30			SISTA FITNESS OPENING HOURS Monday 5:45am - 9:00pm Tuesday 5:45am - 9:00pm Wednesday 5:45am - 9:00pm Thursday 5:45am - 9:00pm Friday 5:45am - 7:00pm Saturday 7:00am - 4:00pm Sunday 8:00am - 3:00pm RECEPTION: (08) 6311 5544 6/64 MORRISON ROAD MIDLAND LOCATED ABOVE THE SWAN VALLEY FRESH MARKETS (GILBERT'S) SISTAFITNESS.COM.AU EFFECTIVE JULY 18 TIMETABLE SUBJECT TO CHANGE			
4:30PM	LES MILLS RPM	S45	BOXING 45	RPM 30	S45				
5:30PM	LES MILLS BODYPUMP	LES MILLS BODYATTACK	KONGA	LES MILLS BODYPUMP	YOGA				
			S45						
6:30PM	KONGA	S45	YOGA	PILATES					
	S45								
7:30PM	YOGA	BARRE							

