

GROUP FITNESS TIMETABLE MORLEY

GROUP FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY HOURS	SATURDAY	SUNDAY HOURS	SUNDAY
6:00AM	S45	METAFIT	LES MILLS BODYPUMP	BOXING	LES MILLS BODYCOMBAT	7:45AM	LES MILLS RPM		
9:15AM	LES MILLS BODYPUMP	KONGA	LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS BODYPUMP	8:30AM	LES MILLS BODYPUMP		
							S45		
10:45AM	PILATES	S45	LES MILLS BODYPUMP	PILATES	S45	9:30AM	LES MILLS BODYCOMBAT	9:30AM	KONGA
12:30PM	S45		S45			11:00AM	YOGA		
4:30PM	LES MILLS RPM	S45	S45	METAFIT		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 CRÈCHE 9:00am - 12noon 9:00am - 12noon 9:00am - 12noon 9:00am - 12noon 9:00am - 12noon 7:30am - 10:30am - RECEPTION: (08) 6311 5544 2/222 WALTER RD (WEST) MORLEY SISTAFITNESS.COM.AU EFFECTIVE AUGUST 18 TIMETABLE SUBJECT TO CHANGE			
5:30PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	KONGA	S45	YOGA				
	S45								
6:30PM	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYPUMP						
7:30PM	YOGA		YOGA						

