

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIMES	SATURDAY	TIMES	SUNDAY
6:00AM	S45	METAFIT	BODYPUMP	S45	BODYCOMBAT	7:45AM	RPM		
6:15AM	RPM EXPRESS 30					8:30AM	BODYPUMP S45	9:00AM	S45
9:15AM	BODYPUMP	KONGA	BODYCOMBAT	RPM	BODYPUMP	9:30AM	BODYCOMBAT	9:30AM	KONGA
10:45AM	PILATES	S45	BODYPUMP		S45	11:00AM	YOGA		
12:30PM	S45					SISTA FITNESS GROUP FITNESS TIMETABLE MORLEY 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 2/222 WALTER RD (WEST) MORLEY SISTAFITNESS.COM.AU CRÈCHE 9:00am - 12noon 9:00am - 12noon 9:00am - 12noon 9:00am - 12noon 9:00am - 12noon 7:30am - 9:30am - EFFECTIVE OCT 2020 TIMETABLE SUBJECT TO CHANGE			
4:30PM	RPM EXPRESS 30	S45	S45						
5:00PM				S45					
5:30PM	BODYPUMP S45	BODYCOMBAT	KONGA	BODY PUMP EXPRESS 45					
6:00PM			S45						
6:30PM	KONGA	PILATES		PILATES					
7:00PM			YOGA						
7:30PM	YOGA								

