

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	<b>powapole<sup>TM</sup>45</b>	<b>StretchNFlex</b> 45 min					
10.00am						<b>powapole<sup>TM</sup></b> pulse	
11.00am						<b>30 minute</b> <b>BumsNTums</b>	<b>StretchNFlex</b> 45 min
11.30am						<b>powapole<sup>TM</sup></b> <b>Practice Session</b> 11.30pm - 12.30pm	<b>powapole<sup>TM</sup></b> <b>Practice Session</b> 11.45pm - 12.45pm
12.30pm	<b>powapole<sup>TM</sup>45</b>	<b>powapole<sup>TM</sup></b> tone	<b>powapole<sup>TM</sup>2</b>	<b>30 minute</b> <b>BumsNTums</b>	<b>StretchNFlex</b> 45 min		
4.45pm	<b>powapole<sup>TM</sup></b> pulse		<b>powapole<sup>TM</sup></b> tone				
5.15pm		<b>BumsNTums</b>					
5.30pm		<b>powapole<sup>TM</sup></b> tone		<b>powapole<sup>TM</sup>2</b>	<b>30 minute</b> <b>BumsNTums</b>		
5.45pm	<b>BumsNTums</b>		<b>BumsNTums</b>				
6.00pm	<b>powapole<sup>TM</sup></b> pulse		<b>powapole<sup>TM</sup>2</b>				
6.30pm		<b>powapole<sup>TM</sup>2</b>		<b>BumsNTums</b>			
6.45pm				<b>powapole<sup>TM</sup></b> aerial			
7.00pm	<b>powapole<sup>TM</sup></b> esteem		<b>powapole<sup>TM</sup></b> aerial2				
7.30pm		<b>BumsNTums</b>					
7.45pm		<b>powapole<sup>TM</sup></b> pulse		<b>powapole<sup>TM</sup></b> pulse			
8.00pm	<b>BumsNTums</b>		<b>BumsNTums</b>				
8.15pm	<b>powapole<sup>TM</sup></b> pulse		<b>powapole<sup>TM</sup></b> tone	<b>BumsNTums</b>			

Please note:  
8.45pm class

Timetable subject to change without notice if deemed necessary.

**Note:** 30 minute BumsNTums and StretchNFlex are casual classes. 10 pass vouchers can be purchased, FitSistas members receive discounted rates.