

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

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.