



GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6.00 AM	MUSCLE HIRT					7.30 AM	BOOTCAMP
9.30 AM	ABS & CORE	BOOTCAMP	MUSCLE HIRT	SAQ	HIIT TABATA	8.30 AM	BOXING
6.00 PM	KONGA	MUSCLE HIRT	BOXING	HIIT			

OPENING HOURS

MON - THU 9.00AM TO 7.00PM

FRI - 9.00AM to 4.00PM

SAT - 8.00AM to 12.00PM

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