

**CON30**    CONDITIONING (30 mins)  
**END45**    ENDURANCE (45mins)  
**STR60**    STRENGTH (60mins)  
**PWR60**    POWER (60mins)

# TENKAY

**Address:**  
 71 Victoria Street, Midland  
**Phone:**  
 (08) 6222 6636

## Midland –Timetable

	MONDAY	TUESDAY	WEDS	THURS	FRIDAY	SATURDAY
5:30am	CON30	COND30	CON30	COND30	CON30	_____
6:00am	STR60/ PWR60	STR60/ PWR60	STR60/ PWR60	STR60/ PWR60	PWR60	_____
7:00am	_____					PWR60
8:00am	_____					GYMNASTICS
9:00am	CON30	CON30	_____	CON30	_____	PWR60
9:30am	PWR60	PWR60	PWR60	PWR60	PWR60	
_____						
4:30pm	PWR60	PWR60	PWR60	PWR60	PWR60	_____
5:30pm	STR60/ PWR60	STR60/ PWR60	STR60/ PWR60	STR60/ PWR60	_____	_____
6:30pm	_____	PWR60	_____	PWR60	_____	_____