

END45 ENDURANCE (45mins)
STR60 STRENGTH (60mins)
PWR60 POWER (60mins)

TENKAY

East Perth – Timetable

Address:
 44 Wittenoom Street, East Perth
Phone:
 (08) 6222 6636

	MONDAY	TUESDAY	WEDS	THURS	FRIDAY	SATURDAY
5:30am	PWR60	PWR60	END45	END45	STR60	7:00am SUPER60
6:30am	STR60	END45	STR60	PWR60	PWR60	
8:00am						COFFEE
9:00am						
9:30am	END45	STR60	PWR60	STR60	STR60	
3:30pm	PWR60		STR60		PWR60	
4:30pm	STR60	END45	PWR60	END45	END45	
5:30pm	END45	STR60	END45	PWR60		
6:30pm		PWR60		STR60		