

Fitness sessions

Costello Stadium

Accurate as of 20/04/2024

Times for Monday 22 October



Time	Session	Facility
8:00 am - 9:00 pm	Stadium closed for bank holiday	Running Track
8:00 am - 9:00 pm	Stadium closed for bank holiday	Running Track
9:30 am - 10:30 am	Circuit fitness	Studio
9:30 am - 9:00 pm	Stadium closed for bank holiday	Gym
9:30 am - 9:00 pm	Stadium closed for bank holiday	Gym
6:00 pm - 6:45 pm	Cardio cycling	Studio
8:00 pm - 9:00 pm	Circuit fitness	Studio