## Fitness sessions Costello Stadium

## Accurate as of 29/04/2024

Times for Wednesday 24 October		
Time	Session	Facility
8:00 am - 9:00 pm	Leisure centre closed	Gym
9:30 am - 10:30 am	Zumba	Studio
6:00 pm - 6:45 pm	Cardio cycling	Studio
7:00 pm - 8:00 pm	Cardio Tone	Studio