

Fitness sessions

Costello Stadium

Accurate as of 17/05/2024

Times for Monday 15 April



Time	Session	Facility
7:30 am - 9:00 pm	Gym Open to Public	Gym
9:30 am - 10:30 am	Yoga	Meeting Room
4:30 pm - 5:30 pm	Junior gym	Gym
6:00 pm - 6:45 pm	Spinning	Activity Hall
7:00 pm - 8:00 pm	Boot camp	Activity Hall
7:00 pm - 9:00 pm	Family Gym	Gym