

# Fitness sessions

## Costello Stadium

Accurate as of 17/05/2024

### Times for Thursday 18 April



Time	Session	Facility
7:30 am - 9:00 pm	Gym Open to Public	Gym
4:30 pm - 5:30 pm	Junior gym	Gym
6:00 pm - 6:45 pm	Spinning	Activity Hall
7:00 pm - 7:30 pm	Abs Blast 30	Activity Hall
7:00 pm - 9:00 pm	Family Gym	Gym