Fitness sessions Costello Stadium

Accurate as of 17/05/2024

| Times for Wednesday 24 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 - 8:00 pm | Stretch and Tone | Meeting Room |
| 7:00 pm - 9:00 pm | Family Gym | Gym |