

Fitness sessions

Costello Stadium

Accurate as of 22/11/2024

Times for Monday 18 November



Time	Session	Facility
7:30 am - 9:00 pm	Gym Open to Public	Gym
3:30 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