

Fitness sessions

Costello Stadium

Accurate as of 18/05/2024

Times for Friday 4 December			
Time	Session	Facility	
7:30 am - 8:30 am	Gym Open to Public	Gym	
8:00 am - 9:00 pm	Stadium closed for bank holiday	Running Track	
9:00 am - 10:00 am	Gym Open to Public	Gym	
10:30 am - 11:30 am	Gym Open to Public	Gym	
12:00 pm - 1:00 pm	Gym Open to Public	Gym	
1:30 pm - 2:30 pm	Gym Open to Public	Gym	
3:00 pm - 4:00 pm	Gym Open to Public	Gym	
4:30 pm - 5:30 pm	Gym Open to Public	Gym	
6:00 pm - 7:00 pm	Gym Open to Public	Gym	
7:30 pm - 8:30 pm	Gym Open to Public	Gym	