

Fitness sessions

Costello Stadium

Accurate as of 28/04/2024

Times for Monday 18 October



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	Boot camp	Activity Hall