

Fitness sessions

Costello Stadium

Accurate as of 18/05/2024

Times for Thursday 2 May			
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	