

Fitness sessions

Costello Stadium

Accurate as of 07/08/2026

Times for Friday 7 August			
Time	Session	Facility	
7:30 am - 9:00 pm	Gym Open to Public	Gym	
9:30 am - 10:30 am	Circuit training	Activity Hall	
7:00 pm - 7:30 pm	HIIT Class	Studio	
7:00 pm - 9:00 pm	Family Gym	Gym	
7:30 pm - 8:00 pm	Abs Blast 30	Studio	