

Fitness sessions

Costello Stadium

Accurate as of 07/08/2026

Times for Monday 10 August

Time	Session	Facility
7:30 am - 9:00 pm	Gym Open to Public	Gym
11:00 am - 11:45 am	Cardio Tone	Activity Hall
12:00 pm - 12:30 pm	Abs Blast 30	Activity Hall
3:30 pm - 5:30 pm	Junior gym	Gym
6:00 pm - 6:45 pm	Spinning	Meeting Room
7:00 pm - 8:00 pm	Boot camp	Activity Hall
7:00 pm - 9:00 pm	Family Gym	Gym