

Fitness sessions

Costello Stadium

Accurate as of 07/08/2026

Times for Tuesday 11 August

Time	Session	Facility
7:30 am - 9:00 pm	Gym Open to Public	Gym
9:15 am - 10:15 am	Yoga	Meeting Room
10:15 am - 11:15 am	Yogalates	Meeting Room
3:30 pm - 5:30 pm	Junior gym	Gym
6:00 pm - 6:45 pm	Body Blast	Studio
7:00 pm - 7:45 pm	Coremax	Studio
7:00 pm - 9:00 pm	Family Gym	Gym