

Fitness sessions

Costello Stadium

Accurate as of 07/08/2026

Times for Wednesday 12 August

Time	Session	Facility
7:30 am - 9:00 pm	Gym Open to Public	Gym
9:30 am - 10:15 am	Dance Fit	Meeting Room
10:30 am - 11:30 am	Yoga	Meeting Room
11:30 am - 12:30 pm	Yogalates	Meeting Room
3:30 pm - 5:30 pm	Junior gym	Gym
5:30 pm - 6:00 pm	HIIT Class	Studio
6:00 pm - 6:30 pm	Abs Blast 30	Studio
7:00 pm - 9:00 pm	Family Gym	Gym