

Fitness sessions

Costello Stadium

Accurate as of 22/09/2026

Times for Tuesday 22 September			
Time	Session	Facility	
7:30 am - 9:00 pm	Gym closed for maintenance	Gym	
9:15 am - 10:15 am	Yoga	Meeting Room	
10:15 am - 11:15 am	Yogalates	Meeting Room	
6:00 pm - 6:45 pm	Body Blast	Studio	
7:00 pm - 7:45 pm	Coremax	Studio	