

Fitness sessions

Costello Stadium

Accurate as of 22/09/2026

Times for Friday 25 September

Time	Session	Facility
7:30 am - 9:00 pm	Gym closed for maintenance	Gym
9:30 am - 10:30 am	Circuit training	Activity Hall
7:00 pm - 7:30 pm	HIIT Class	Studio
7:30 pm - 8:00 pm	Abs Blast 30	Studio