

# Fitness sessions

## The Waudby Centre

Accurate as of 29/09/2026

| Times for Monday 5 October |                    |          |  |
|----------------------------|--------------------|----------|-------------------------------------------------------------------------------------|
| Time                       | Session            | Facility |                                                                                     |
| 9:15 am - 7:15 pm          | Gym Open to Public | Gym      |                                                                                     |