

# Open Sessions

## Strength & Conditioning Indoor & Outdoor Gym

Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00 21:00	07:00 21:00	07:00 21:00	07:00 21:00	07:00 21:00	09:00 16:00	09:00 16:00

## Climbing Centre

Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:00 21:00	16:00 21:00	08:00 21:00	08:00 21:00	08:00 21:00	10:00 18:00	10:00 17:00

## Athletics Track

Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00 17:00	07:00 17:00	07:00 17:00	07:00 17:00	07:00 17:00	09:00 17:00	09:00 17:00

## Multi-Use Courts Basketball, Netball, Tennis

Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00 17:00	07:00 17:00	07:00 17:00	07:00 17:00	07:00 17:00	09:00 17:00	09:00 17:00

## Bike Tracks Learn to Ride, Community Trail and Pump Track

Mon	Tue	Wed	Thu	Fri	Sat	Sun
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00 13:00	CLOSED

# Timetable - Classes, Courses & Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 Strength & Conditioning	7:00-8:00 Strength & Conditioning	7:00-8:00 Strength & Conditioning	7:00-8:00 Strength & Conditioning	7:00-8:00 Strength & Conditioning	9:30-10:30 Strength & Conditioning	9:30-10:30 Strength & Conditioning
9:30-10:30 Strength & Conditioning	9:30-10:30 Strength & Conditioning	9:30-10:30 Gentle Yoga	9:30-10:30 Strength & Conditioning	9:30-10:30 Strength & Conditioning	11:30-12:30 Tribe: Intro to Climbing	11:30-12:30 Tribe: Intro to Climbing
10:30-11:30 Legends Strength & Conditioning	13:00-15:00 Games Club	9:30-10:30 Strength & Conditioning	12:00-13:00 Tai Chi	10:00-12:00 Legends Intro to Climbing	15:00-17:00 Tribe: Learn to Climb	15:00-17:00 Tribe: Learn to Climb
10:00-12:00 Legends Intro to Climbing	17:30-18:30 Strength & Conditioning	10:00-12:00 Legends Intro to Climbing	17:30-18:30 Strength & Conditioning	10:30-11:30 Legends Strength & Conditioning	12:00-13:00 Legends Strength & Conditioning	12:00-13:00 Legends Strength & Conditioning
12:00-13:00 Legends Strength & Conditioning	18:00-19:00 Tribe: Intro to Climbing	15:30-16:30 Legends Strength & Conditioning	18:00-20:00 Tribe: Learn to Climb	12:00-13:00 Legends Strength & Conditioning	12:00-13:00 Fitness Pilates	12:00-13:00 Fitness Pilates
12:00-13:00 Fitness Pilates	18:30-19:30 Vinyasa Yoga	17:30-18:30 Strength & Conditioning	18:30-20:00 Tribe: Learn to Climb	12:00-13:00 Strength & Conditioning	12:00-13:00 Strength & Conditioning	12:00-13:00 Strength & Conditioning
17:30-18:30 Strength & Conditioning	19:00-21:00 Tribe Community	19:30-20:30 Calisthenic	17:30-18:30 Tribe: Learn to Climb	17:30-18:30 Circuits	17:30-18:30 Circuits	17:30-18:30 Circuits
18:30-19:30 STRONG						13:00-14:00 Tribe: Intro to Climbing

Use our facilities without an instructor at a time that best suits you.  
Open Climbing is available to competent climbers only.