

# Open Sessions

| Strength & Conditioning<br>Indoor & Outdoor Gym              |                                              |                |                |                |                |                |
|--------------------------------------------------------------|----------------------------------------------|----------------|----------------|----------------|----------------|----------------|
| Mon                                                          | Tue                                          | Wed            | Thu            | Fri            | Sat            | Sun            |
| 07:00<br>21:00                                               | 07:00<br>21:00                               | 07:00<br>21:00 | 07:00<br>21:00 | 07:00<br>21:00 | 09:00<br>16:00 | 09:00<br>16:00 |
| Climbing Centre                                              |                                              |                |                |                |                |                |
| Mon                                                          | Tue                                          | Wed            | Thu            | Fri            | Sat            | Sun            |
| 08:00<br>21:00                                               | 16:00<br>21:00                               | 08:00<br>21:00 | 08:00<br>21:00 | 08:00<br>21:00 | 10:00<br>18:00 | 10:00<br>17:00 |
| Athletics Track                                              |                                              |                |                |                |                |                |
| Mon                                                          | Tue                                          | Wed            | Thu            | Fri            | Sat            | Sun            |
| 07:00<br>17:00                                               | 07:00<br>17:00                               | 07:00<br>17:00 | 07:00<br>17:00 | 07:00<br>17:00 | 09:00<br>17:00 | 09:00<br>17:00 |
| Multi-Use Courts<br>Basketball, Netball, Tennis              |                                              |                |                |                |                |                |
| Mon                                                          | Tue                                          | Wed            | Thu            | Fri            | Sat            | Sun            |
| 07:00<br>20:00                                               | 07:00<br>20:00                               | 07:00<br>20:00 | 07:00<br>20:00 | 07:00<br>20:00 | 09:00<br>17:00 | 09:00<br>17:00 |
| Bike Tracks Learn to Ride,<br>Community Trail and Pump Track |                                              |                |                |                |                |                |
| Mon                                                          | Tue                                          | Wed            | Thu            | Fri            | Sat            | Sun            |
| 17:30<br>20:00                                               | 17:30<br>20:00<br><small>Womens only</small> | CLOSED         | 17:30<br>20:00 | CLOSED         | 13:00<br>16:30 | CLOSED         |

# Timetable - Classes, Courses & Groups

| MONDAY                                         | TUESDAY                                 | WEDNESDAY                                      | THURSDAY                               | FRIDAY                                         | SATURDAY                                |
|------------------------------------------------|-----------------------------------------|------------------------------------------------|----------------------------------------|------------------------------------------------|-----------------------------------------|
| 7:00-8:00<br>Strength & Conditioning           | 7:00-8:00<br>Strength & Conditioning    | 7:00-8:00<br>Strength & Conditioning           | 7:00-8:00<br>Strength & Conditioning   | 7:00-8:00<br>Strength & Conditioning           | 11:30-12:30<br>Tribe: Intro to Climbing |
| 9:30-10:30<br>Strength & Conditioning          | 9:30-10:30<br>Strength & Conditioning   | 9:30-10:30<br>Gentle Yoga                      | 9:30-10:30<br>Strength & Conditioning  | 9:30-10:30<br>Strength & Conditioning          | 15:00-17:00<br>Tribe: Learn to Climb    |
| 10:30-11:30<br>Legends Strength & Conditioning | 12:30-14:30<br>Legends Open Cycle       | 9:30-10:30<br>Strength & Conditioning          | 12:00-13:00<br>Tai Chi                 | 10:00-12:00<br>Legends Intro to Climbing       |                                         |
| 10:00-12:00<br>Legends Intro to Climbing       | 12:00-13:00<br>Gentle Ballet            | 10:00-12:00<br>Legends Intro to Climbing       | 17:30-18:30<br>Strength & Conditioning | 10:30-11:30<br>Legends Strength & Conditioning |                                         |
| 12:00-13:00<br>Legends Strength & Conditioning | 12:00-13:00<br>Intro' to Netball        | 15:30-16:30<br>Legends Strength & Conditioning | 18:00-20:00<br>Tribe: Learn to Climb   | 12:00-13:00<br>Legends Strength & Conditioning |                                         |
| 13:00-15:00<br>Table Tennis                    | 17:30-18:30<br>Strength & Conditioning  | 17:30-18:30<br>Strength & Conditioning         |                                        | 13:00-14:00<br>Pickleball                      |                                         |
| 17:30-18:30<br>Strength & Conditioning         | 18:00-19:00<br>Tribe: Intro to Climbing | 19:30-20:30<br>Calisthenics                    |                                        |                                                |                                         |
| 18:30-19:30<br>STRONG                          | 18:30-19:30<br>Vinyasa Yoga             |                                                |                                        |                                                |                                         |
|                                                | 19:00-21:00<br>Tribe Community          |                                                |                                        |                                                |                                         |
| SUNDAY                                         |                                         |                                                |                                        |                                                |                                         |
| 13:00-14:00<br>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.