

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 20:00	07:00 20:00	07:00 20:00	07:00 20:00	07:00 20:00	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
17:30 20:00	17:30 20:00	CLOSED	17:30 20:00	CLOSED	13:00 16:30	CLOSED

Womens only

Timetable - Classes, Courses & Groups

MONDAY

7:00-8:00
Strength & Conditioning

9:30-10:30
Strength & Conditioning

10:30-11:30
Legends Strength & Conditioning

10:00-12:00
Legends Intro to Climbing

12:00-13:00
Legends Strength & Conditioning

13:00-15:00
Table Tennis

17:30-18:30
Strength & Conditioning

18:30-19:30
STRONG

TUESDAY

7:00-8:00
Strength & Conditioning

9:30-10:30
Strength & Conditioning

12:30-14:30
Legends Open Cycle

12:00-13:00
Gentle Ballet

12:00-13:00
Intro' to Netball

13:00-15:00
Games Club

17:30-18:30
Strength & Conditioning

18:00-19:00
Tribe: Intro to Climbing

18:30-19:30
Vinyasa Yoga

19:00-21:00
Tribe Community

WEDNESDAY

7:00-8:00
Strength & Conditioning

9:30-10:30
Gentle Yoga

9:30-10:30
Strength & Conditioning

10:00-12:00
Legends Intro to Climbing

15:30-16:30
Legends Strength & Conditioning

17:30-18:30
Strength & Conditioning

19:30-20:30
Calisthenics

THURSDAY

7:00-8:00
Strength & Conditioning

9:30-10:30
Strength & Conditioning

12:00-13:00
Tai Chi

17:30-18:30
Strength & Conditioning

18:00-20:00
Tribe: Learn to Climb

FRIDAY

7:00-8:00
Strength & Conditioning

9:30-10:30
Strength & Conditioning

10:00-12:00
Legends Intro to Climbing

10:30-11:30
Legends Strength & Conditioning

12:00-13:00
Legends Strength & Conditioning

13:00-14:00
Pickleball

SATURDAY

11:30-12:30
Tribe: Intro to Climbing

15:00-17:00
Tribe: Learn to Climb

SUNDAY

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.