

Adult Timetable



Timetable - Classes, Courses & Groups

Mon	Tues	Wed	Thurs	Fri	Sat
7:00-8:00 Strength & Conditioning	12:30-14:30 Legends Open Bike	7:00-8:00 Strength & Conditioning	7:00-8:00 Strength & Conditioning	7:00-8:00 Strength & Conditioning	11:30-12:30 Tribe: Intro to Climbing
9:30-10:30 Strength & Conditioning	12:00-13:00 Gentle Ballet	9:30-10:30 Gentle Yoga	9:30-10:30 Strength & Conditioning	9:30-10:30 Strength & Conditioning	15:00-17:00 Tribe: Learn to Climb
10:30-11:30 Legends Strength & Conditioning	12:00-13:00 Intro' to Netball	9:30-10:30 Strength & Conditioning	12:00-13:00 Tai Chi	10:00-12:00 Legends Intro to Climbing	
10:00-12:00 Legends Intro to Climbing	13:00-15:00 Games Club	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	17:30-18:30 Strength & Conditioning	15:30-16:30 Legends Strength & Conditioning	18:00-20:00 Tribe: Learn to Climb	12:00-13:00 Legends Strength & Conditioning	
13:00-15:00 Table Tennis	18:30-19:30 Vinyasa Yoga	17:30-18:30 Strength & Conditioning		13:00-14:00 Pickleball	
17:30-18:30 Strength & Conditioning	19:00-21:00 Tribe Community	19:30-20:30 Calisthenics			
18:30-19:30 STRONG					

All Classes subject to availability and correct at time of document creation only.

Open Sessions

Strength & Conditioning Indoor & Outdoor Gym						
Mon	Tues	Wed	Thurs	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	Tues	Wed	Thurs	Fri	Sat	Sun
09:00 21:00	16:00 21:00	09:00 21:00	09:00 21:00	09:00 21:00	09:00 18:00	10:00 17:00
Athletics Track						
Mon	Tues	Wed	Thurs	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	Tues	Wed	Thurs	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 Tracks						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
16:00 20:00	16:00 20:00	CLOSED	17:30 20:00	CLOSED	13:00 16:30	CLOSED