

# Adult Timetable - Classes, Courses & Groups

| Mon                                                                                           | Tues                                     | Wed                                            | Thurs                                  | Fri                                            | Sat                                                                                           |
|-----------------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------------|----------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 7:00-8:00<br>Strength & Conditioning                                                          | 12:00-13:00<br><b>Core &amp; Restore</b> | 7:00-8:00<br>Strength & Conditioning           | 7:00-8:00<br>Strength & Conditioning   | 7:00-8:00<br>Strength & Conditioning           | 9:00-16:00<br><b>Family Open Gym</b><br><small>Children age 5+ supervised by an adult</small> |
| 9:30-10:30<br>Strength & Conditioning                                                         | 12:30-14:30<br>Legends Open Bike         | 9:30-10:30<br>Gentle Yoga                      | 9:30-10:30<br>Strength & Conditioning  | 9:30-10:30<br>Strength & Conditioning          | 9:30-10:30<br><b>Super Saturday</b>                                                           |
| 10:30-11:30<br>Legends Strength & Conditioning                                                | 13:00-15:00<br>Games Club                | 9:30-10:30<br>Strength & Conditioning          | 12:00-13:00<br><b>Tai Chi</b>          | 9:30-10:30<br><b>Core &amp; Restore</b>        |                                                                                               |
| 10:00-12:00<br>Legends Intro to Climbing                                                      | 17:30-18:30<br>Strength & Conditioning   | 10:00-12:00<br>Legends Intro to Climbing       | 17:30-18:30<br>Strength & Conditioning | 10:00-12:00<br>Legends Intro to Climbing       |                                                                                               |
| 12:00-13:00<br>Legends Strength & Conditioning                                                | 18:30-19:30<br>Vinyasa Yoga              | 15:30-16:30<br>Legends Strength & Conditioning |                                        | 10:30-11:30<br>Legends Strength & Conditioning |                                                                                               |
| 13:00-15:00<br><b>Table Tennis</b>                                                            |                                          | 17:30-18:30<br>Strength & Conditioning         |                                        | 12:00-13:00<br>Legends Strength & Conditioning |                                                                                               |
| 17:30-18:30<br>Strength & Conditioning                                                        |                                          | 19:30-20:30<br>Calisthenics                    |                                        | 17:30-18:30<br>Friday Night Circuits           |                                                                                               |
| 18:30-19:30<br><b>STRONG</b>                                                                  |                                          | 19:30-20:30<br><b>Dance Fit</b>                |                                        |                                                | 9:30-10:30<br><b>Bootcamp</b>                                                                 |
| Sun                                                                                           |                                          |                                                |                                        |                                                |                                                                                               |
| 9:00-16:00<br><b>Family Open Gym</b><br><small>Children age 5+ supervised by an adult</small> |                                          |                                                |                                        |                                                |                                                                                               |

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

# Open Sessions

| Strength & Conditioning<br>Indoor & Outdoor Gym               |                |                |                |                |                |                |
|---------------------------------------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Mon                                                           | Tues           | Wed            | Thurs          | Fri            | Sat            | Sun            |
| 06:45<br>21:00                                                | 06:45<br>21:00 | 06:45<br>21:00 | 06:45<br>21:00 | 06:45<br>21:00 | 06:45<br>16:00 | 06:45<br>16:00 |
| Climbing Centre                                               |                |                |                |                |                |                |
| Mon                                                           | Tues           | Wed            | Thurs          | Fri            | Sat            | Sun            |
| 09:00<br>21:00                                                | 16:00<br>21:00 | 09:00<br>21:00 | 09:00<br>21:00 | 09:00<br>21:00 | 09:00<br>18:00 | 10:00<br>17:00 |
| Athletics Track                                               |                |                |                |                |                |                |
| Mon                                                           | Tues           | Wed            | Thurs          | 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                                                           | Tues           | Wed            | Thurs          | 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 Tracks |                |                |                |                |                |                |
| Mon                                                           | Tues           | Wed            | Thurs          | Fri            | Sat            | Sun            |
| 16:00<br>20:00                                                | 16:00<br>20:00 | CLOSED         | 17:30<br>20:00 | CLOSED         | 13:00<br>16:30 | CLOSED         |