

Adult Timetable - Classes, Courses & Groups

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

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
06:45 21:00	06:45 21:00	06:45 21:00	06:45 21:00	06:45 21:00	06:45 16:00	06:45 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