

Open Sessions

Use our facilities without an instructor at a time that best suits you.
Open Climbing is available to competent climbers only.

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	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 16:00	07:00 16:00	07:00 16:00	07:00 16:00	07:00 16:00	09:00 16:00	09:00 16:00

Bike Tracks Learn to Ride, Community Trail and Pump Tracks

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	13:30 16:00	13:00 16:00

Timetable - Classes, Courses & Groups

Mon	Tues	Wed	Thurs	Fri	Sat
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 17:30-18:30 Strength & Conditioning 18:30-19:30 STRONG	7:00-8:00 Strength & Conditioning 9:30-8:30 Strength & Conditioning 12:00-13:00 Core & Restore 13:00-15:00 Games Club 17:30-18:30 Strength & Conditioning 18:30-19:30 Vinyasa Yoga 19:00-21:00 Tribe Community	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	7:00-8:00 Strength & Conditioning 9:30-10:30 Strength & Conditioning 12:00-13:00 Tai Chi 17:30-18:30 Strength & Conditioning 19:30-20:30 Dance Fit (From 4 Dec)	7:00-8:00 Strength & Conditioning 9:30-10:30 Strength & Conditioning 11:00-12:00 Core & Restore (From 5 Dec) 10:00-12:00 Legends Intro to Climbing 10:30-11:30 Legends Strength & Conditioning 12:00-13:00 Legends Strength & Conditioning 17:30-18:30 Friday Night Circuits	9:00-16:00 Family Open Gym Children age 5+ supervised by an adult 9:30-10:30 Super Saturday 11:30-12:30 Legends Intro to Climbing 15:00-17:00 Tribe Learn to Climb
Sun					
9:00-16:00 Family Open Gym Children age 5+ supervised by an adult 9:30-10:30 Bootcamp 13:00-14:00 Tribe Intro to Climbing					

All Classes are subject to availability and correct at time of document creation only.
For latest information check online.



Book Today

or search
YMCA Network & Sherwood
in your App Store

