

Activities & Classes

Gym:
Strength & Conditioning
Coach-led strength + cardio intervals using bars, kettlebells and body weight. Scalable for all levels.

Legends Strength & Conditioning
Friendly group with low impact coaching that pushes you safely. (Community Class)

Calisthenics
Coach-led bodyweight strength and mobility; pull, push, core and balance. No machines, just you.

Bootcamp
Coached high-energy circuits mixing strength, cardio and team challenges.

Friday Night Circuits
Stations for strength, cardio and core with timed coached sessions. End your week on a high!

Super Saturday
Stations for strength, cardio and core with timed rounds. The perfect coached weekend workout!

Family Open Gym
Shared gym time so adults and young people can train side-by-side. Children age 5+ accompanied by an adult.

Studio:
BOCCIA
Inclusive precision ball game (like bowls) for people with disabilities. Roll, throw or kick soft balls close to the jack-play seated or standing, skilful and relaxed.

Inclusive Table Tennis
Friendly, accessible and inclusive table tennis for people with disabilities. Social, confidence-building and great for coordination.

Self Defence
Practical techniques to build confidence, awareness and personal safety, in partnership with You Can Do Sport.

Tai Chi
Steady flowing and calming sequences, that improve balance, mobility and focus

DanceFit
Music-led cardio with simple choreography and fitness that feels good.

Pilates
Controlled, low-impact movement to build core strength, improve posture, flexibility and overall body awareness.

Core & Restore (Pilates-inspired)
Deep core strength, mobility and breath; leave feeling reset.

Yoga
Choose from gentle yoga, ideal for beginners and those looking for a slower-paced class, or flowing sessions designed to build strength, flexibility and focus.

Legends Art
Learn simple Italian dishes while practising everyday words and phrases in a friendly, social session.

Italian Cooking and Speaking
Friendly creative sessions exploring different materials and techniques, with space to learn, make and enjoy.

Outdoor:
Bike Tracks
Three ways to ride. Enjoy biking on the Community Trail, build confidence in the Learn to Ride area, or challenge yourself on two Pump Tracks – rollers and berms to lines and linked turns. There's something for riders at every stage of their journey.

Multi-Use-Courts (Basketball, Netball, Tennis)
For games and casual matches.
See Open Sessions for bookable time slots.
Athletics Track & Field
Lanes and field areas for intervals, drills and technique work.
See Open Sessions for bookable time slots.

Football
All-weather play on 3G pitches. Check online to book five-a-side, seven-a-side or full 11-a-side games.

Climbing Centre:
Climbing Community
Like-minded climbers training together share tips, build skills, enjoy the walls.

Learn to Boulder
Coach-led basics, an introduction for novices to the climbing community, gain the skills to boulder competently.

Learn to Top Rope
A structured course to begin your climbing journey techniques, skills, belaying and movement. Want to learn how to become a competent climber? This session is for you, you'll gain confidence on all the walls within our facility.

Learn to Lead
Lead Climbing is an advanced way to scale our walls and opens access to all our walls as well as providing the skills to climb independently at many other centres. Bookable on request.

Legends Climbing
Supportive, joint-friendly coaching for mature beginners, build grip strength and mobility with problem solving.

	MON	TUE	WED	THUR	FRI	SAT	SUN
	Coached Sessions						
Morning	7:00-8:00 Strength & Conditioning 9:30-10:30 Strength & Conditioning 10:00-11:00 Learn to Boulder 10:30-11:30 Legends Strength & Conditioning † 11:00-13:00 Legends Learn to Climb	7:00-8:00 Strength & Conditioning 8:00-8:30 No Sweat Intro 9:30-10:30 Strength & Conditioning 9:30-10:30 Inclusive Table Tennis † 10:45-11:45 BOCCIA Compete †	7:00-8:00 Strength & Conditioning 7:15-8:00 Pilates 9:30-10:30 Gentle Yoga 9:30-10:30 Strength & Conditioning 10:00-11:00 Learn to Boulder 11:00-13:00 Learn to Top Rope 11:30-13:30 Legends Learn to Climb	7:00-8:00 Strength & Conditioning 9:30-10:30 Strength & Conditioning 9:30-10:30 BOCCIA † 10:00-11:00 Learn to Boulder 11:00-12:00 Legends Art † 10:45-11:45 BOCCIA † 11:00-13:00 Learn to Top Rope	7:00-8:00 Strength & Conditioning 7:15-8:00 Pilates 9:30-10:30 Strength & Conditioning 10:00-11:00 Learn to Boulder 10:30-11:30 Legends Strength & Conditioning † 11:00-12:00 Core & Restore 11:00-13:00 Learn to Top Rope	9:30-10:30 Super Saturday 11:00-11:30 No Sweat Intro 11:00-12:00 Learn to Boulder	9:30-10:30 Bootcamp 11:00-11:30 No Sweat Intro
	12:00-13:00 Legends Strength & Conditioning † 13:00-15:00 Learn to Top Rope 15:30-16:00 No Sweat Intro	12:00-13:00 Core & Restore	12:00-13:00 Legends Strength & Conditioning † 15:30-16:30 Legends Strength & Conditioning †	12:00-13:00 Tai Chi 13:00-14:00 Learn to Boulder	12:00-13:00 Legends Strength & Conditioning † 18:00-19:15 Friday Night Circuits 18:00-19:00 Learn to Boulder 19:00-21:00 Learn to Top Rope 19:30-20:00 No Sweat Intro	14:00-14:30 No Sweat Intro 15:00-17:00 Learn to Top Rope	14:00-14:30 No Sweat Intro 13:00-14:00 Learn to Boulder
	17:00-18:00 Learn to Boulder 17:30-18:30 Strength & Conditioning 18:00-19:00 Learn to Boulder 18:30-19:30 Yoga 19:00-21:00 Climb Community 19:15-20:15 Italian Cooking & Speaking 20:00-21:00 Self Defence	17:30-18:30 Strength & Conditioning 18:00-19:00 Learn to Boulder 18:30-19:30 Yoga 19:00-21:00 Climb Community 19:15-20:15 Italian Cooking & Speaking 20:00-21:00 Self Defence	17:30-18:30 Strength & Conditioning 19:30-20:30 Calisthenics	17:30-18:30 Strength & Conditioning 18:30-19:15 Pilates 18:00-20:00 Learn to Top Rope	17:30-18:30 Friday Night Circuits 18:00-19:00 Learn to Boulder 19:00-21:00 Learn to Top Rope 19:30-20:00 No Sweat Intro		
Evening	6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym 7:00-17:00 Athletics Track 7:00-Dusk* Multi-Use Courts 9:00-21:00 Bouldering 9:00-21:00 Roped Climbing	6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym 7:00-17:00 Athletics Track 7:00-Dusk* Multi-Use Courts 9:00-21:00 Bouldering 16:00-21:00 Roped Climbing	6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym 7:00-17:00 Athletics Track 7:00-Dusk* Multi-Use Courts 9:00-21:00 Bouldering 9:00-21:00 Roped Climbing	6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym 7:00-17:00 Athletics Track 7:00-Dusk* Multi-Use Courts 9:00-21:00 Bouldering 9:00-21:00 Roped Climbing	6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym 7:00-17:00 Athletics Track 7:00-16:00 Multi-Use Courts 9:00-21:00 Bouldering 9:00-21:00 Roped Climbing	9:00-16:00 Strength & Conditioning Indoor & Outdoor Gym 9:00-16:00 Family Open Gym 9:00-17:00 Athletics Track 9:00-Dusk* Multi-Use Courts 9:00-18:00 Bouldering 9:00-18:00 Roped Climbing 13:00-16:00 Bike Tracks	9:00-16:00 Strength & Conditioning Indoor & Outdoor Gym 9:00-16:00 Family Open Gym 9:00-17:00 Athletics Track 9:00-Dusk* Multi-Use Courts 9:00-17:00 Bouldering 9:00-17:00 Roped Climbing 13:00-16:00 Bike Tracks
	Open Sessions						

All Classes are subject to availability and correct at time of document creation only. For latest information check online. *Check online for latest times and to book. † Community Class.