



TERM 1
COMMUNITY CLASS TIMETABLE
ALL SESSION RUNNING
1PM - 1.30PM

PARTICIPATION IN 5 CLASSES =
1 HOUSE POINT

NO SIGN UP - EVERYONE WELCOME!

MONDAYS

Open Gym
ODC Weights Room

TUESDAYS

Box Fit
ODC Weights Room

WEDNESDAYS

Cardio Tennis
Tennis Courts

THURSDAYS

Need for Speed
ODC Weight Room

FRIDAYS

BARRE
ODC Weights Room



PA4+

Sacred Heart
College
GEE LONG

OPEN GYM

Get an induction to the gym so you can use the weights room independently, get advice from weights room staff or just work out with friends.

BOX FIT

A fun boxing and core based class working coordination, upper body strength and stability guaranteed to get your heartrate up!

CARDIO TENNIS

A fun and sociable group fitness class set on the tennis court. Suits all abilities.

NEED FOR SPEED

Fancy footwork and power based activities, great for pre-season Netball, Footy and Basketball

BARRE

A fun hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training