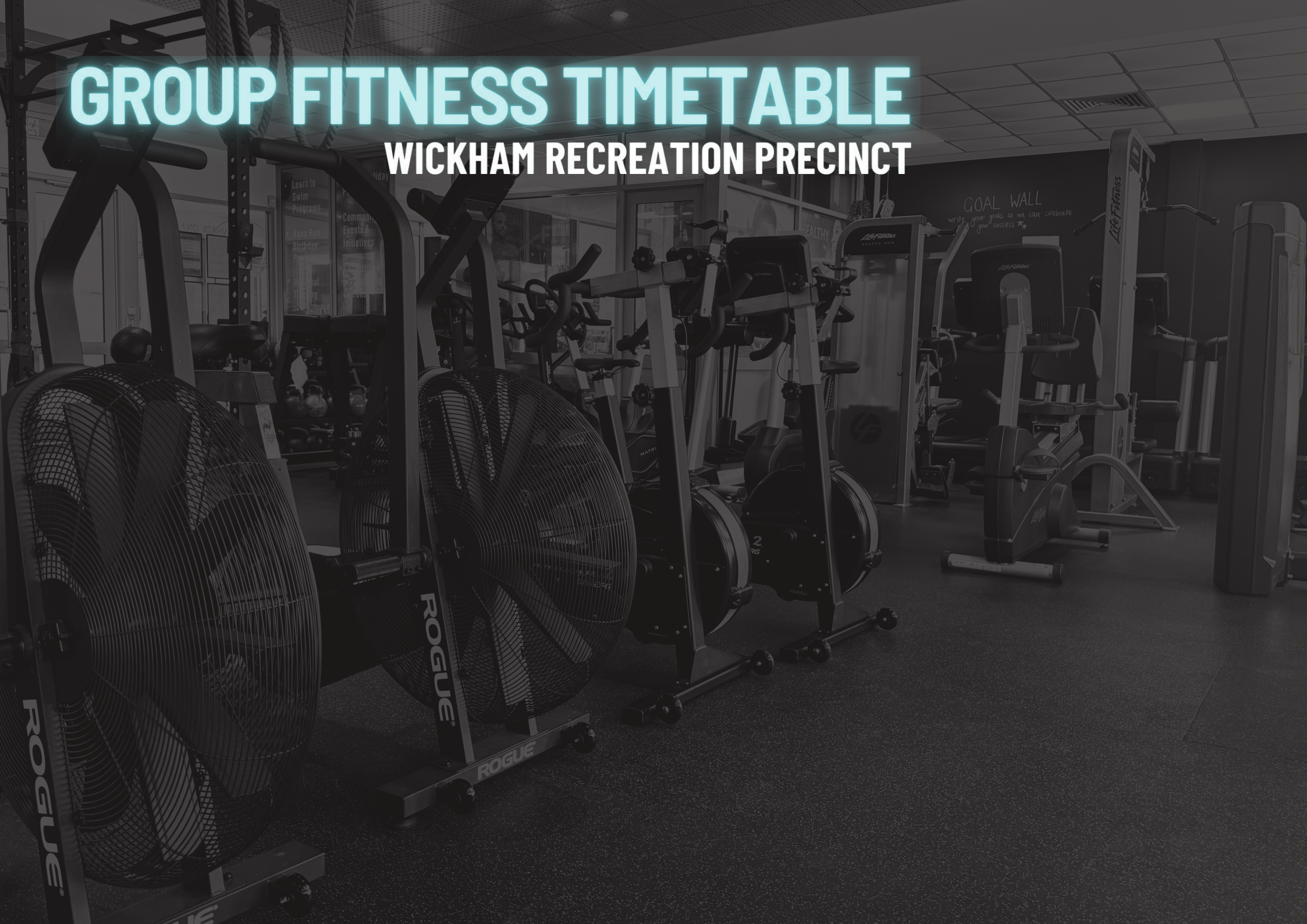


GROUP FITNESS TIMETABLE

WICKHAM RECREATION PRECINCT



GROUP FITNESS TIMETABLE

WICKHAM RECREATION PRECINCT

Effective from
3 February, 2025

OPENING HOURS

Monday - Friday: 8.00am - 8.00pm

Saturday - Sunday: 9.00am - 5.00pm

All classes require bookings prior via the "MINDBODY" app (class bookings close 30 mins before is due to commence).

Arrive to class 5-10 mins early to prepare, once a class has started there will be no admissions.

Parents must be within phones reach & on the premises if their child is in the WRP Play Program.

Please wear appropriate clothing and footwear to participate. Bring a water bottle and towel.



Scan here to
book your
class via
MINDBODY

Need more info? Get in touch!

[f](https://www.wickhamrec.com.au) Wickham Recreation Precinct [📞 9186 8684](tel:91868684)

[✉ wickham.rec@karratha.wa.gov.au](mailto:wickham.rec@karratha.wa.gov.au)



**WICKHAM
RECREATION
PRECINCT**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		 ENDURANCE GYM 8.45AM	 STRENGTH & CORE GYM 8.45AM	 FUNCTIONAL STRENGTH MP2 8.45AM	 sprint MP2 9.00AM	 anything goes VARIES 8.00AM
	PM	 sprint MP2 5.15PM		 FUNCTIONAL STRENGTH MP2 5.15PM	 LES MILLS Shapes MP2 5.15PM	 LES MILLS Shapes MP2 9.40AM
PLAY PROGRAM		ROOM MP1 8.30-10am	ROOM MP3 8.30-10am	ROOM MP1 8.30-10am	ROOM MP1 8.30-10am	ROOM MP3 8.30-10.30am
	ROOM MP1 5-6.30pm		ROOM MP1 5-6.30pm	ROOM MP1 5-6.30pm		