

GROUP FITNESS TIMETABLE

WICKHAM RECREATION PRECINCT

**Effective from
2 June, 2025**

OPENING HOURS

Monday - Friday: 8.00am - 5.00pm

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




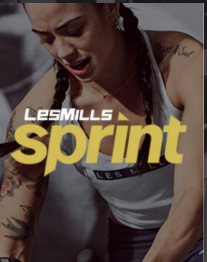




Need more info? Get in touch!

[f](#) 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	 <p>STRENGTH & CONDITIONING</p> <p>GYM</p> <p>8.45AM</p>		 <p>OUTDOOR BOOTCAMP</p> <p>GYM</p> <p>8.45AM</p>	 <p>STRENGTH & CONDITIONING</p> <p>GYM</p> <p>8.45AM</p>	 <p>LES MILLS sprint</p> <p>MP2</p> <p>8.45AM</p>	 <p>anything goes</p> <p>VARIES</p> <p>8.00AM</p>
PM		 <p>LES MILLS sprint</p> <p>MP2</p> <p>5.15PM</p>	 <p>ENDURX</p> <p>GYM</p> <p>5.30PM</p>	 <p>CORE & BOOTY</p> <p>GYM</p> <p>5.15PM</p>		
PLAY PROGRAM	<p>ROOM MP1</p> <p>8.30-10am</p>	<p>ROOM MP1</p> <p>8.30-10am</p>	<p>ROOM MP1</p> <p>8.30-10am</p>	<p>ROOM MP1</p> <p>8.30-10am</p>	<p>ROOM MP3</p> <p>8.30-10am</p>	<p>ROOM MP1</p> <p>7.45am-9.15am</p>
		<p>ROOM MP1</p> <p>5-6.30pm</p>	<p>ROOM MP1</p> <p>5-6.30pm</p>	<p>ROOM MP1</p> <p>5-6.30pm</p>		