

# GROUP FITNESS TIMETABLE

## WICKHAM RECREATION PRECINCT

**Effective from**  
**5 May, 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><b>ENDURANCE</b></p> <p><b>GYM</b></p> <p><b>8.45AM</b></p>	 <p><b>CIRCUIT</b></p> <p><b>GYM</b></p> <p><b>8.45AM</b></p>	 <p><b>STRENGTH &amp; CONDITIONING</b></p> <p><b>GYM</b></p> <p><b>8.45AM</b></p>	 <p><b>STRENGTH &amp; CONDITIONING</b></p> <p><b>GYM</b></p> <p><b>8.45AM</b></p>	 <p><b>LES MILLS sprint</b></p> <p><b>MP2</b></p> <p><b>8.45AM</b></p>	 <p><b>anything goes</b></p> <p><b>VARIES</b></p> <p><b>8.00AM</b></p>
PM		 <p><b>LES MILLS sprint</b></p> <p><b>MP2</b></p> <p><b>5.15PM</b></p>	 <p><b>LES MILLS FUNCTIONAL STRENGTH</b></p> <p><b>MP2</b></p> <p><b>5.30PM</b></p>	 <p><b>LES MILLS Shapes</b></p> <p><b>MP2</b></p> <p><b>5.15PM</b></p>	 <p><b>EXPRESS LES MILLS Shapes</b></p> <p><b>MP2</b></p> <p><b>9.30AM</b></p>	
PLAY PROGRAM	<p><b>ROOM MP1</b></p> <p><b>8.30-10am</b></p>	<p><b>ROOM MP1</b></p> <p><b>8.30-10am</b></p>	<p><b>ROOM MP1</b></p> <p><b>8.30-10am</b></p>	<p><b>ROOM MP1</b></p> <p><b>8.30-10am</b></p>	<p><b>ROOM MP3</b></p> <p><b>8.30-10.15am</b></p>	<p><b>ROOM MP1</b></p> <p><b>7.45am-9.15am</b></p>
		<p><b>ROOM MP1</b></p> <p><b>5-6.30pm</b></p>	<p><b>ROOM MP1</b></p> <p><b>5-6.30pm</b></p>	<p><b>ROOM MP1</b></p> <p><b>5-6.30pm</b></p>		