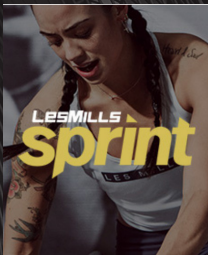
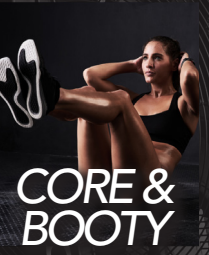


GROUP FITNESS TIMETABLE

WICKHAM RECREATION PRECINCT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Class schedules vary, refer to MindBody . VARIES 8.45AM		POOLSIDE BOOTCAMP POOL 8.45AM		 CORE & BOOTY GYM 8.45AM	Class schedules vary, refer to MindBody . VARIES 8.00AM
PM	 LES MILLS sprint MP2 5.15PM	 Pilates MP2 5.15PM	 CORE & BOOTY GYM 5.30PM	 POOLSIDE BOOTCAMP POOL 5.15PM		
PLAY PROGRAM	ROOM MP1 8.30-10am	ROOM MP1 8.30-10am	ROOM MP1 8.30-10am	ROOM MP1 8.30-10am	ROOM MP3 8.30-10am	ROOM MP1 7.45am-9.15am
	ROOM MP1 5-6.30pm	ROOM MP1 5-6.30pm	ROOM MP1 5-6.30pm	ROOM MP1 5-6.30pm		

Effective from
Monday 13 October,
2025

OPENING HOURS

Monday - Thursday: 8.00am - 8.00pm

Friday: 8.00am - 6.00pm

Saturday - Sunday: 9.00am - 6.00pm

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)