

SWHP

hours

MONDAY

6AM-11AM & 4PM - 7PM

TUESDAY

6AM-11AM & 4PM - 7PM

WEDNESDAY

6AM-11AM & 4PM - 6PM

THURSDAY

6AM-11AM & 4PM - 7PM

FRIDAY

6AM-11AM & 4PM - 6PM

SATURDAY

7AM - 10AM

SUNDAY

CLOSED

CONTACT

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ADULT (18+)

TIMETABLE

MON	
6AM-7AM	GROUP STRENGTH
7AM-11AM	S&C & OPEN GYM
4PM-5PM	OPEN GYM
5PM-7PM	S&C + OPEN GYM

FRI	
6AM-7AM	GROUP STRENGTH
7AM-11AM	S&C + OPEN GYM
4PM-5PM	OPEN GYM
5PM-6PM	S&C + OPEN GYM

TUE	
6AM-7AM	GROUP FIT
7AM-11AM	S&C + OPEN GYM
4 PM-5PM	OPEN GYM
5-7PM	S&C + OPEN GYM

SAT	
7AM-8AM	SPEED & AGILITY
8AM-9AM	S&C + OPEN GYM
9AM-10AM	GROUP FITNESS

WED	
6AM-7AM	GROUP STRENGTH
7AM-8AM	SPEED & AGILITY
8-11AM	S&C + OPEN GYM
4PM-6PM	OPEN GYM

RECOVERY CLASS TIMES	
7-7:45AM	MONDAY
7-7:45AM	FRIDAY
9-9:45AM	SATURDAY

THU	
6AM-7AM	GROUP FIT
7AM-11AM	S&C + OPEN GYM
4PM-5PM	OPEN GYM
5PM-7PM	S&C + OPEN GYM



YOUTH (12-17)

TIMETABLE

MON	
7AM-8AM	YOUTH STRENGTH
4PM-5PM	YOUTH STRENGTH
5PM-6PM	YOUTH STRENGTH

FRI	
7AM-8AM	YOUTH STRENGTH
4PM-5PM	YOUTH STRENGTH
5PM-6PM	YOUTH STRENGTH

TUE	
7AM-8AM	YOUTH STRENGTH
4 PM-5PM	YOUTH + OPEN GYM

SAT	
7AM-8AM	SPEED & AGILITY
8AM-9AM	YOUTH STRENGTH
9AM-10AM	GROUP FITNESS

WED	
6AM-7AM	YOUTH STRENGTH
7AM-8AM	SPEED & AGILITY
4PM-5PM	YOUTH STRENGTH

RECOVERY CLASS TIMES	
7-7:45AM	MONDAY
7-7:45AM	FRIDAY
9-9:45AM	SATURDAY

THU	
4PM-5PM	YOUTH STRENGTH
5PM-6PM	YOUTH STRENGTH

