

# Sydney Olympic Park Timetable



Competitions  
Team payments in all comps  
Included in all adult memberships  
Runs per school term



| Mon                                      | Tue  | Wed   | Thu  | Fri   | Sat  | Sun |
|--|--|---|--|---|--|-----|
|  |  |   |  |   | Green Stage 2<br>8.00am – 9.00am           |     |
|  |  |   |  |   | Red Stage 1<br>8.00am – 8.30am             |     |
|  |  |   |  |   | Red Stage 2<br>8.00am – 8.30am             |     |
|  |  |   |  |   | Orange League<br>8.00am – 9.00am           |     |
|  |  |   |  |   | Fitbit Cardio (Regular)<br>8.15am – 9.00am |     |
|  |  |   |  |   | Blue Stage 1<br>8.30am – 9.00am            |     |
|  |  |   |  |   | Red Stage 1<br>8.30am – 9.00am             |     |
|  |  |   |  |   | Green Stage 2<br>9.00am – 10.00am          |     |
|  |  |   |  |   | Orange Stage 2<br>9.00am – 10.00am         |     |
|  |  |   |  | Blue Stage 1<br>10.30am – 11.00am           | Red Stage 1<br>9.00am – 9.30am             |     |
|  |  | Fitbit Cardio (Regular)<br>12.15pm – 1.00pm |  | Fitbit Cardio (Regular)<br>12.15pm – 1.00pm | Red Stage 2<br>9.00am – 9.30am             |     |
|  |  |   |  |   | Orange League<br>9.00am – 10.00am          |     |
|  |  |   |  |   | Green Stage 2<br>9.30am – 10.30am          |     |
|  |  |   |  |   | Red Stage 1<br>9.30am – 10.00am            |     |
|  |  |   |  | Blue Stage 1<br>4.00pm – 4.30pm             | Green Stage 2<br>10.00am – 11.00am         |     |
|  |  |   |  | Red Stage 1<br>4.00pm – 4.30pm              | Orange Stage 2<br>10.00am – 11.00am        |     |
|  |  |   |  | Red Stage 2<br>4.00pm – 4.30pm              | Red Stage 1<br>10.00am – 10.30am           |     |
|  | Orange Stage 1<br>4.30pm – 5.30pm          |   |  | Orange Stage 1<br>4.30pm – 5.30pm           | Green League<br>10.00am – 11.00am          |     |
|  | Red Stage 2<br>4.30pm – 5.00pm             |   |  | Orange Stage 2<br>4.30pm – 5.30pm           | Orange Stage 1<br>10.30am – 11.30am        |     |
|  | Orange Stage 2<br>5.00pm – 6.00pm          |   |  | Red Stage 1<br>4.30pm – 5.00pm              | Orange Stage 2<br>10.30am – 11.30am        |     |
|  | Junior Dev Squad<br>5.00pm – 6.30pm        |   |  | Red Stage 1<br>5.00pm – 5.30pm              | Red Stage 2<br>10.30am – 12.00am           |     |
| Orange Stage 3<br>4.30pm – 6.00pm        | Red Stage 1<br>5.30pm – 6.00pm             | Blue Stage 1<br>4.00pm – 4.30pm             | Red Stage 2<br>4.30pm – 5.00pm             | Junior Dev Squad<br>5.00pm – 6.30pm         | Orange Stage 1<br>11.00am – 12.00pm        |     |
| Red Stage 1<br>5.00pm – 5.30pm           | Green Stage 2<br>6.00pm – 7.00pm           | Orange Stage 1<br>4.00pm – 5.00pm           | Green Stage 1<br>5.00pm – 6.00pm           | Green Stage 1<br>5.30pm – 6.30pm            | Red Stage 1<br>11.00am – 11.30am           |     |
| Red Stage 1<br>5.30pm – 6.00pm           | Performance Stage 1<br>6.00pm – 8.00pm     | Red Stage 1<br>4.30pm – 5.00pm              | Orange Stage 1<br>5.00pm – 6.00pm          | Green Stage 2<br>5.30pm – 6.30pm            | Red Stage 2<br>11.00am – 11.30am           |     |
| Junior Dev Squad<br>6.00pm – 7.30pm      | Performance Stage 2<br>6.00pm – 8.00pm     | Green Stage 1<br>5.00pm – 6.00pm            | Red Stage 1<br>5.30pm – 6.00pm             | Junior Group 1<br>5.30pm – 6.30pm           | Green League<br>11.00am – 12.00pm          |     |
| Performance Stage 1<br>6.00pm – 8.00pm   | Fitbit Cardio (Advance)<br>6.00pm – 6.45pm | Green Stage 3<br>5.00pm – 6.30pm            | Green Stage 3<br>6.00pm – 7.30pm           | Junior Group 2<br>5.30pm – 6.30pm           | Blue Stage 1<br>11.30am – 12.00pm          |     |
| Fitbit Cardio Regular<br>6.00pm – 6.45pm | Fitbit Cardio (Regular)<br>6.45pm – 7.30pm | Junior Group 1<br>6.00pm – 7.00pm           | Junior Dev Squad<br>6.00pm – 7.30pm        | Green Stage 2<br>6.30pm – 7.30pm            | Red Stage 2<br>11.30am – 12.00pm           |     |
| Adult Singles League<br>7.00pm – 8.00pm  | Adult Stage 1<br>7.00pm – 8.00pm           | Junior Group 2<br>6.30pm – 7.30pm           | Performance Stage 1<br>6.00pm – 8.00pm     | Junior Group 1<br>6.30pm – 7.30pm           | Orange Stage 1<br>12.00pm – 1.00pm         |     |
| Adult Stage 1<br>7.30pm – 8.30pm         | Adult Singles League<br>7.00pm – 8.00pm    | Adult Pairs League<br>7.00pm – 9.00pm       | Performance Stage 2<br>6.00pm – 8.00pm     | Junior Group 2<br>6.30pm – 7.30pm           | Red Stage 2<br>12.00pm – 12.30pm           |     |
| Adult Stage 2<br>8.00pm – 9.00pm         | Adult Stage 2<br>8.00pm – 9.00pm           | Adult Stage 2<br>7.00pm – 8.00pm            | Adult Pairs League<br>7.00pm – 8.30pm      | Junior Yellow League<br>6.30pm – 8.00pm     | Red Stage 1<br>12.15pm – 12.45pm           |     |
| Adult Singles League<br>8.00pm – 9.00pm  | Adult Singles League<br>8.00pm – 9.00pm    | Fitbit Cardio (Regular)<br>7.30pm – 8.15pm  | Fitbit Cardio (Regular)<br>7.30pm – 8.15pm | Adult Stage 1<br>7.30pm – 8.30pm            | Blue Stage 1<br>12.30pm – 1.00pm           |     |

Please Note: Class Times are subject to change & availability. Classes should be used as a guide only.