

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 8.00am – 9.00am | |
| | | | | | Red Stage 1 8.00am – 8.30am | |
| | | | | | Orange League 8.00am – 9.00am | |
| | | | | | Fitbit Cardio 8.15am – 9.00am | |
| | | | | | Blue Stage 8.30am – 9.00am | |
| | | | | | Red Stage 2 8.30am – 9.00am | |
| | | | | | Orange League 9.00am – 10.00am | |
| | | | | | Junior Group 2 9.00am – 10.00am | |
| | | | | | Orange Stage 2 9.00am – 10.00am | |
| | | | | | Red Stage 1 9.00am – 9.30am | |
| | | Fitbit Cardio 12.15pm – 1.00pm | | Fitbit Cardio 12.15pm – 1.00pm | Red Stage 2 9.00am – 9.30am | |
| | | | | | Green Stage 2 9.30am – 10.30am | |
| | | | | | Red Stage 1 9.30am – 10.00am | |
| | | | | | Junior Group 2 10.00am – 11.00am | |
| | | | | Blue Stage 4.00pm – 4.30pm | Green Stage 2 10.00am – 11.00am | |
| | | | | Red Stage 1 4.00pm – 4.30pm | Orange Stage 2 10.00am – 11.00am | |
| | | | | Orange Stage 2 4.00pm – 4.30pm | Red Stage 1 10.00am – 10.30am | |
| | Orange Stage 1 4.30pm – 5.30pm | | | Orange Stage 1 4.30pm – 5.30pm | Green League 10.00am – 11.00am | |
| | Red Stage 2 4.30pm – 5.00pm | | | Orange Stage 2 4.30pm – 5.30pm | Orange Stage 1 10.30am – 11.30am | |
| | Orange Stage 2 5.00pm – 6.00pm | | | Red Stage 1 4.30pm – 5.00pm | Orange Stage 2 10.30am – 11.30am | |
| Orange Stage 3 4.30pm-6.00pm | Junior Dev Squad 5.00pm – 6.30pm | | | Red Stage 1 5.00pm – 5.30pm | Orange Stage 1 11.00am – 12.00pm | |
| Green Stage 3 5.00pm – 6.00pm | Red Stage 1 5.30pm – 6.00pm | Blue Stage 4.00pm – 4.30pm | Red Stage 2 4.30pm – 5.00pm | Junior Dev Squad 5.00pm – 6.30pm | Red Stage 2 11.00am – 11.30am | |
| Red Stage 1 5.00pm – 5.30pm | Green Stage 1 6.00pm-7.00pm | Orange Stage 2 4.00pm – 5.00pm | Green Stage 1 5.00pm – 6.00pm | Green Stage 1 5.30pm – 6.30pm | Green League 11.00am – 12.00pm | |
| Red Stage 1 5.30pm – 6.00pm | Green Stage 2 6.00pm – 7.00pm | Red Stage 1 4.30pm – 5.00pm | Orange Stage 1 5.00pm – 6.00pm | Green Stage 2 5.30pm – 6.30pm | Blue Stage 11.30am – 12.00pm | |
| Junior Dev Squad 6.00pm – 7.30pm | Performance Stage 1 6.00pm – 8.00pm | Green Stage 2 5.00pm – 6.00pm | Red Stage 1 5.30pm – 6.00pm | Junior Group 1 5.30pm – 6.30pm | Orange Stage 2 11.30am – 12.30pm | |
| Performance Stage 1 6.00pm – 8.00pm | Performance Stage 2 6.00pm – 8.00pm | Green Stage 3 5.00pm – 6.30pm | Junior Dev Squad 6.00pm – 7.30pm | Junior Group 2 5.30pm – 6.30pm | Red Stage 1 11.30am – 12.00pm | |
| Fitbit Cardio 6.00pm – 6.45pm | Fitbit Cardio 6.00pm – 6.45pm | Junior Group 1 6.00pm – 7.00pm | Fitbit Cardio 6.00pm – 6.45pm | Green Stage 2 6.30pm – 7.30pm | Red Stage 2 11.30am – 12.00pm | |
| Adult Singles League 7.00pm – 8.00pm | Fitbit Cardio 6.45pm – 7.30pm | Junior Group 2 6.30pm – 7.30pm | Performance Stage 1 6.00pm – 8.00pm | Junior Group 1 6.30pm – 7.30pm | Orange Stage 1 12.00pm – 1.00pm | |
| Adult Stage 1 7.30pm – 8.30pm | Adult Stage 2 7.00pm – 8.00pm | Performance Stage 2 7.00pm – 9.00pm | Performance Stage 2 6.00pm – 8.00pm | Junior Yellow League 6.30pm – 8.00pm | Red Stage 2 12.15pm – 12.45pm | |
| Adult Stage 2 8.00pm – 9.00pm | Adult Singles League 7.00pm – 8.00pm | Adult Stage 2 7.00pm – 8.00pm | Adult Pairs League 7.00pm – 8.30pm | Fitbit Cardio 6.45pm – 7.30pm | Red Stage 1 12.15pm – 12.45pm | |
| Adult Singles League 8.00pm – 9.00pm | Adult Singles League 8.00pm – 9.00pm | Fitbit Cardio 7.30pm – 8.15pm | Fitbit Cardio 7.30pm – 8.15pm | Adult Stage 1 7.30pm – 8.30pm | Red Stage 1 12.30pm – 1.00pm | |

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