GYM OPENING HOURS

Our new Functional Training Gym has arrived! Built for strength training and functional movement, this high-energy space is packed with versatile equipment to help you train harder and move better. Jump into one of our coached classes or hit the gym on your own – just check the timetable for class times and gym open hours. Get ready to lift, move, sweat, and elevate your training!

OPENING HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30am to 8:30pm	6:15am to 6:45am	12:00pm to 3:45pm	6:15am to 7:15am	6:15am to 8:15am	7am to 3pm	7am to 12pm
	10:00am to 3:30pm		10:00am to 3:30pm	10:45am to 7:00pm		
	5:30pm to 9:30pm	5:00pm to 9:30pm	5:30pm to 7:30pm			

*SUBJECT TO CHANGE DURING SCHOOL HOLIDAYS

Get in Touch

07 5329 6550

NLC@noosa.qld.gov.au

9 Wallace Drive, Noosaville

NOOSA Leisure Centre