

2026 ERGFIT GROUP FITNESS TIMETABLE

TUESDAY

5:30pm - Row / Cycle
6:30pm - Row / Cycle & Circuit
7:30pm - Row / Cycle

WEDNESDAY

9:00am - Row / Cycle & GYMstick
(Fortnightly Only - check dates)
6:00pm - Row / Cycle

THURSDAY

5:30pm - Row / Cycle
6:30pm - Row / Cycle & Circuit

FRIDAY

9:30am - Row / Cycle & Circuit

SATURDAY

7:00am Running Group
9:00am - Row / Cycle & Circuit

CONTACT TAMARA

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@ Footscray Rowing Club