## Fitness sessions timetable Albert Avenue Pools

## Accurate as of 01/05/2024

| Times for Tuesday 21 November |                       |            |
|-------------------------------|-----------------------|------------|
| Time                          | Session               | Facility   |
| 7:00 am - 9:00 pm             | Leisure centre closed | Studio     |
| 6:00 pm - 7:00 pm             | Yoga                  | Studio     |
| 7:00 pm - 8:00 pm             | Pilates               | Studio     |
| 7:15 pm - 8:00 pm             | Aqua fitness          | Large Pool |