Fitness sessions timetable

Albert Avenue Pools

Accurate as of 23/04/2024

Times for Tuesday 17 July

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