

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 17/05/2024

Times for Monday 15 April



Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
10:00 am - 11:00 am	Spinning	Studio
11:00 am - 12:00 pm	Yoga	Studio
4:00 pm - 5:00 pm	Junior gym	Gym
6:00 pm - 7:00 pm	Spinning	Studio
7:00 pm - 8:30 pm	Family Gym	Gym