## Fitness sessions timetable Albert Avenue Pools

## Accurate as of 01/11/2024

Times for Monday 15 April		
Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
11:00 am - 12:00 pm	Yoga	Studio
4:00 pm - 5:00 pm	Junior gym	Gym
7:00 pm - 8:30 pm	Family Gym	Gym