


Fitness sessions timetable

Albert Avenue Pools

Accurate as of 16/05/2024

Times for Thursday 18 April			
Time	Session	Facility	
7:00 am - 9:30 pm	Gym Open to Public	Gym	
10:00 am - 11:00 am	Spinning	Studio	
4:00 pm - 5:00 pm	Junior gym	Gym	
6:00 pm - 7:00 pm	Yoga	Studio	
6:30 pm - 7:15 pm	Aqua fitness	Small Pool	
7:00 pm - 8:30 pm	Family Gym	Gym	
7:15 pm - 8:15 pm	Boot camp	Studio	