

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 16/05/2024

| Times for Friday 19 April |                     |          |  |
|---------------------------|---------------------|----------|---|
| Time                      | Session             | Facility |   |
| 7:00 am - 9:30 pm         | Gym Open to Public  | Gym      |   |
| 10:00 am - 10:45 am       | Legs, Bums and Tums | Studio   |   |
| 11:00 am - 12:00 pm       | Spinning            | 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      |   |