

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 17/05/2024

Times for Tuesday 23 April



Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
9:30 am - 10:30 am	Pilates	Studio
10:30 am - 11:30 am	Spinning	Studio
4:00 pm - 5:00 pm	Junior gym	Gym
6:00 pm - 6:30 pm	HIIT Class	Studio
6:30 pm - 7:15 pm	Aqua fitness	Large Pool
6:45 pm - 7:45 pm	Yoga	Studio
7:00 pm - 8:30 pm	Family Gym	Gym