

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 17/05/2024

### Times for Wednesday 24 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	Spinning	Studio
6:45 pm - 7:30 pm	Aqua fitness	Large Pool
7:00 pm - 7:45 pm	Body Blast	Studio
7:00 pm - 8:30 pm	Family Gym	Gym