

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 24/04/2024

Times for Tuesday 2 July



| Time | Session | Facility |
|-------------------|-----------------------|------------|
| 7:00 am - 9:00 pm | Leisure centre closed | Studio |
| 6:00 pm - 7:00 pm | Yoga | Studio |
| 7:00 pm - 8:00 pm | Pilates | Studio |
| 7:15 pm - 8:00 pm | Aqua fitness | Large Pool |