

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 19/05/2024

Times for Sunday 5 May



Time	Session	Facility
8:30 am - 4:00 pm	Gym Open to Public	Gym
10:00 am - 11:00 am	Spinning	Studio
11:00 am - 11:30 am	PB30 - Power Burn	Gym
12:00 pm - 1:30 pm	Junior gym	Gym
1:30 pm - 4:00 pm	Family Gym	Gym