

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 12/05/2024

Times for Friday 18 September



Time	Session	Facility
8:30 am - 9:30 am	Gym Open to Public	Gym
10:00 am - 11:00 am	Gym Open to Public	Gym
11:30 am - 12:30 pm	Gym Open to Public	Gym
1:00 pm - 2:00 pm	Gym Open to Public	Gym
2:30 pm - 3:30 pm	Gym Open to Public	Gym
4:00 pm - 5:00 pm	Gym Open to Public	Gym
5:30 pm - 6:30 pm	Gym Open to Public	Gym
7:00 pm - 8:00 pm	Gym Open to Public	Gym