


Fitness sessions timetable

Albert Avenue Pools

Accurate as of 01/05/2024

Times for Tuesday 22 June			
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	
12:30 pm - 1:15 pm	Aqua fitness	Small Pool	
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	