

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 05/05/2024

Times for Friday 26 April			
Time	Session	Facility	
7:00 am - 9:30 pm	Gym Open to Public	Gym	
10:00 am - 10:45 am	Legs, Bums and Tums	Studio	
11:00 am - 12:00 pm	Spinning	Studio	
4:00 pm - 5:00 pm	Junior gym	Gym	
6:00 pm - 7:00 pm	Spinning	Studio	
7:00 pm - 8:30 pm	Family Gym	Gym	