

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 06/05/2024

Times for Wednesday 1 May



| Time | Session | Facility |
|---------------------|--------------------|------------|
| 7:00 am - 9:30 pm | Gym Open to Public | Gym |
| 10:00 am - 11:00 am | Spinning | Studio |
| 4:00 pm - 5:00 pm | Junior gym | Gym |
| 6:00 pm - 7:00 pm | Spinning | Studio |
| 6:45 pm - 7:30 pm | Aqua fitness | Large Pool |
| 7:00 pm - 7:45 pm | Body Blast | Studio |
| 7:00 pm - 8:30 pm | Family Gym | Gym |