


# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 18/05/2024

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	