

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 04/05/2026

Times for Thursday 7 May



Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
9:30 am - 10:30 am	Circuit training	Studio
10:30 am - 11:30 am	Yoga	Studio
11:00 am - 12:30 pm	Family Gym	Gym
12:00 pm - 1:00 pm	Junior gym	Gym
4:00 pm - 5:00 pm	Junior gym	Gym
4:00 pm - 5:00 pm	Junior gym	Gym
5:30 pm - 6:30 pm	Yoga	Studio
6:30 pm - 7:15 pm	Aqua Zumba	Small Pool
7:00 pm - 8:30 pm	Family Gym	Gym
7:15 pm - 8:15 pm	Boot camp	Studio