

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 04/05/2026

### Times for Friday 8 May



Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
8:00 am - 9:00 am	Spin & Abs	Studio
10:00 am - 10:45 am	Legs, Bums and Tums	Studio
11:00 am - 12:00 pm	Virtual Spinning	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
6:00 pm - 7:00 pm	Virtual Spinning	Studio
7:00 pm - 8:30 pm	Family Gym	Gym