

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 19/06/2026

### Times for Monday 22 June



Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
7:15 am - 9:00 am	Virtual Holistic Class	Studio
10:00 am - 11:00 am	Yogalates	Studio
11:00 am - 12:00 pm	Yoga	Studio
11:00 am - 12:30 pm	Family Gym	Gym
12:00 pm - 1:00 pm	Junior gym	Gym
4:00 pm - 4:45 pm	Yoga Fitness	Studio
4:00 pm - 5:00 pm	Junior gym	Gym
4:45 pm - 5:30 pm	Pilates	Studio
6:00 pm - 7:00 pm	Zumba	Studio
7:00 pm - 8:30 pm	Family Gym	Gym