

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 03/08/2026

Times for Friday 7 August			
Time	Session	Facility	
7:00 am - 9:30 pm	Gym Open to Public	Gym	
9:15 am - 10:00 am	Mobility	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	