

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 03/08/2026

Times for Saturday 8 August

Time	Session	Facility
8:30 am - 5:30 pm	Gym Open to Public	Gym
9:15 am - 9:45 am	PB30 - Power Burn	Gym
12:30 pm - 1:30 pm	Junior gym	Gym
1:30 pm - 4:00 pm	Family Gym	Gym