

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 03/08/2026

Times for Sunday 9 August			
Time	Session	Facility	
8:30 am - 4:30 pm	Gym Open to Public	Gym	
10:00 am - 11:00 am	Virtual Spinning	Studio	
11:00 am - 11:30 am	PB30 - Power Burn	Gym	
12:30 pm - 1:30 pm	Junior gym	Gym	
1:30 pm - 4:00 pm	Family Gym	Gym	