

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 22/09/2026

Times for Tuesday 22 September			
Time	Session	Facility	
7:00 am - 9:30 pm	Gym Open to Public	Gym	
8:15 am - 9:00 am	Virtual Spinning	Studio	
9:30 am - 10:30 am	Pilates	Studio	
10:30 am - 11:30 am	Yoga	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 - 6:30 pm	HIIT Class	Studio	
6:45 pm - 7:45 pm	Virtual Holistic Class	Studio	
7:00 pm - 8:30 pm	Family Gym	Gym	