

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 22/09/2026

Times for Wednesday 23 September



Time	Session	Facility
7:00 am - 9:30 pm	Gym Open to Public	Gym
7:15 am - 8:15 am	Virtual Holistic Class	Studio
9:30 am - 10:30 am	Tone Up	Studio
10:30 am - 11:30 am	Pilates	Studio
11:00 am - 12:30 pm	Family Gym	Gym
11:30 am - 12:30 pm	Yoga	Studio
12:00 pm - 1:00 pm	Junior gym	Gym
1:00 pm - 2:00 pm	Virtual Spinning	Studio
4:00 pm - 5:00 pm	Junior gym	Gym
6:00 pm - 7:00 pm	Virtual Spinning	Studio
6:45 pm - 7:30 pm	Aqua fitness	Large Pool
7:00 pm - 8:30 pm	Family Gym	Gym
7:15 pm - 8:00 pm	Body Blast	Studio