

# Fitness sessions timetable

## Albert Avenue Pools

Accurate as of 22/09/2026

| Times for Sunday 27 September |                    |          |  |
|-------------------------------|--------------------|----------|-------------------------------------------------------------------------------------|
| 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      |                                                                                     |