

Fitness sessions timetable

Albert Avenue Pools

Accurate as of 22/09/2026

Times for Monday 28 September			
Time	Session	Facility	
7:00 am - 9:30 pm	Gym Open to Public	Gym	
7:15 am - 9:00 am	Virtual Holistic Class	Studio	
10:00 am - 11:00 am	Yogalates	Studio	
11:00 am - 12:00 pm	Yoga	Studio	
11:00 am - 12:30 pm	Family Gym	Gym	
12:00 pm - 1:00 pm	Junior gym	Gym	
4:00 pm - 4:45 pm	Yoga Fitness	Studio	
4:00 pm - 5:00 pm	Junior gym	Gym	
4:45 pm - 5:30 pm	Pilates	Studio	
6:00 pm - 7:00 pm	Zumba	Studio	
7:00 pm - 8:30 pm	Family Gym	Gym	