Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 23 November

Time	Session	Facility
7:30 am - 10:00 pm	Leisure centre closed for bank holiday	Main Sports Hall
7:30 am - 10:00 pm	Fitness suite closed due to refurbishment	Gym
9:00 am - 3:30 pm	Gym Open to Public	Gym
10:00 am - 12:00 pm	Junior table tennis (eight to 15 year olds)	Main Sports Hall
11:00 am - 12:00 pm	Cardio Light	Fitness Studio
11:00 am - 8:00 pm	Leisure centre closed for bank holiday	Gym
7:15 pm - 8:15 pm	Circuit training	Fitness Studio