## Fitness sessions timetable Ennerdale Leisure Centre

## Accurate as of 05/05/2024

| Times for Thursday 25 January |   | <b>©</b>         |
|-------------------------------|---|------------------|
| 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   |