Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 06/05/2024

Times for Tuesday 24 April

Time	Session	Facility
9:00 am - 7:30 pm	Gym Open to Public	Gym
9:30 am - 10:15 am	Zumba	Fitness Studio
10:00 am - 12:00 pm	Junior table tennis (eight to 15 year olds)	Main Sports Hall
11:00 am - 8:00 pm	Leisure centre closed for bank holiday	Gym
12:30 pm - 1:15 pm	Aqua fitness	Large Pool
5:30 pm - 6:20 pm	Spinning	Fitness Studio
6:30 pm - 7:00 pm	Coremax	Fitness Studio
7:00 pm - 8:00 pm	Tone Up	Fitness Studio