

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 20/05/2024

Times for Monday 25 March			
Time	Session	Facility	
7:15 am - 8:15 am	Family Gym	Gym	
7:15 am - 9:30 pm	Gym Open to Public	Gym	
8:15 am - 9:15 am	Spinning	Fitness Studio	
9:30 am - 10:30 am	Tone Up	Main Sports Hall	
1:00 pm - 1:45 pm	Jumping Jacks	Activity Room	
4:15 pm - 5:00 pm	Junior Spin	Fitness Studio	
5:00 pm - 5:30 pm	Junior Core Session	Fitness Studio	
6:00 pm - 7:00 pm	Tone Up	Main Sports Hall	
7:15 pm - 8:15 pm	Yoga	Main Sports Hall	
7:30 pm - 9:30 pm	Family Gym	Gym	
8:30 pm - 9:00 pm	Family Spin Session	Fitness Studio	