

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 12/05/2024

Times for Tuesday 2 April			
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 - 9:00 am	Spinning	Fitness Studio	
9:30 am - 10:30 am	Cardio Tone	Main Sports Hall	
10:30 am - 11:30 am	Legs, Bums and Tums	Main Sports Hall	
12:00 pm - 12:45 pm	Spinning (scenic ride)	Fitness Studio	
4:00 pm - 5:30 pm	Junior gym	Gym	
5:00 pm - 5:45 pm	Spinning (scenic ride)	Fitness Studio	
7:00 pm - 8:00 pm	Tone Up	Main Sports Hall	
7:30 pm - 9:30 pm	Family Gym	Gym	