

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 30/04/2024

### Times for Monday 13 January



Time	Session	Facility
7:00 am - 11:30 pm	Leisure centre closed for bank holiday	Fitness Studio
7:30 am - 10:00 pm	Leisure centre closed for bank holiday	Gym
9:15 am - 10:00 am	Vinyasa Yoga	Activity Room
9:15 am - 10:15 am	Tone Up	Fitness Studio
10:00 am - 10:45 am	Pilates fusion	Activity Room
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
5:30 pm - 6:20 pm	Spinning	Fitness Studio
6:30 pm - 7:00 pm	Coremax	Fitness Studio
7:15 pm - 8:15 pm	Circuit training	Main Sports Hall