


# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 13/05/2024

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	