Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 22 January

Time	Session	Facility
7:30 am - 10:00 pm	Fitness suite closed due to refurbishment	Gym
7:40 am - 8:30 am	Spinning	Fitness Studio
9:00 am - 7:30 pm	Gym Open to Public	Gym
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
6:00 pm - 7:00 pm	Spinning	Fitness Studio