

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 07/05/2024

Times for Thursday 23 January			
Time	Session	Facility	
7:30 am - 10:00 pm	Leisure centre closed for bank holiday	Main Sports Hall	
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 - 3:30 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 - 12:00 pm	Cardio Light	Fitness Studio	
11:00 am - 8:00 pm	Leisure centre closed for bank holiday	Gym	
6:00 pm - 7:00 pm	Spinning	Fitness Studio	
7:15 pm - 8:15 pm	Circuit training	Fitness Studio	