Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 12/10/2024

Times for Saturday 25 January

Time	Session	Facility
8:45 am - 9:45 am	Spinning	Fitness Studio
9:30 am - 10:30 am	Boot camp	Main Sports Hall
11:00 am - 11:45 am	Zumba	Fitness Studio
11:00 am - 12:00 pm	Family Circuit Training	Main Sports Hall
11:00 am - 8:00 pm	Leisure centre closed for bank holiday	Gym