

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 23/04/2024

Times for Saturday 20 April



| Time | Session | Facility |
|---------------------|------------------------|------------------|
| 8:30 am - 4:00 pm | Gym Open to Public | Gym |
| 9:00 am - 12:00 pm | Family Gym | Gym |
| 9:30 am - 10:15 am | Spinning (scenic ride) | Fitness Studio |
| 9:30 am - 10:30 am | Boot camp | Main Sports Hall |
| 10:45 am - 11:30 am | Spinning (scenic ride) | Fitness Studio |
| 11:00 am - 12:00 pm | Junior gym | Gym |
| 12:00 pm - 12:45 pm | Spinning (scenic ride) | Fitness Studio |
| 1:15 pm - 2:00 pm | Spinning (scenic ride) | Fitness Studio |