

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 24 April



| Time | Session | Facility |
|---------------------|------------------------|------------------|
| 7:15 am - 8:00 am | Spinning | Fitness Studio |
| 7:15 am - 8:15 am | Family Gym | Gym |
| 7:15 am - 9:30 pm | Gym Open to Public | Gym |
| 9:30 am - 10:30 am | Tone Up | Main Sports Hall |
| 11:00 am - 12:00 pm | Spinning | Fitness Studio |
| 12:00 pm - 12:45 pm | Spinning | Fitness Studio |
| 4:00 pm - 5:30 pm | Junior gym | Gym |
| 5:00 pm - 5:45 pm | Spinning (scenic ride) | Fitness Studio |
| 6:00 pm - 6:30 pm | HIIT Class | Main Sports Hall |
| 6:15 pm - 7:00 pm | Spinning | Fitness Studio |
| 6:45 pm - 7:45 pm | Box HIIT | Main Sports Hall |
| 7:30 pm - 9:30 pm | Family Gym | Gym |
| 8:15 pm - 9:00 pm | Spinning (scenic ride) | Fitness Studio |