

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 28/07/2024

Times for Wednesday 24 July



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
11:00 am - 3:00 pm	Family Gym	Gym
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