

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 31 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   |