


Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 01/09/2024

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 - 3:00 pm	Family Gym	Gym	
4:00 pm - 5:30 pm	Junior gym	Gym	
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	