

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 27/07/2024

Times for Thursday 1 August



| Time | Session | Facility |
|---------------------|--------------------|------------------|
| 7:15 am - 8:15 am | Family Gym | Gym |
| 7:15 am - 9:30 pm | Gym Open to Public | Gym |
| 8:45 am - 9:30 am | Spinning | Fitness Studio |
| 11:00 am - 12:00 pm | Cardio Light | Main Sports Hall |
| 11:00 am - 3:00 pm | Family Gym | Gym |
| 12:00 pm - 1:00 pm | Yoga | Activity Room |
| 12:15 pm - 1:15 pm | Spinning | Fitness Studio |
| 2:00 pm - 2:45 pm | Aqua fitness | Large Pool |
| 4:00 pm - 5:30 pm | Junior gym | Gym |
| 6:30 pm - 7:30 pm | Yoga | Activity Room |
| 7:00 pm - 8:00 pm | Circuit fitness | Main Sports Hall |
| 7:30 pm - 9:30 pm | Family Gym | Gym |