

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 29/07/2024

### Times for Sunday 4 August



Time	Session	Facility
8:30 am - 12:00 pm	Gym Open to Public	Gym
9:00 am - 12:00 pm	Family Gym	Gym
9:30 am - 10:15 am	Spinning (scenic ride)	Fitness Studio
10:30 am - 11:00 am	Junior Move It Hip Hop (Virtual)	Fitness Studio
11:00 am - 11:30 am	Junior Move It Jazz Dance (Virtual)	Fitness Studio
11:30 am - 12:00 pm	Junior Cardio Kick Boxing (Virtual)	Fitness Studio
12:30 pm - 4:00 pm	Gym Open to Public	Gym
1:15 pm - 2:00 pm	Spinning (scenic ride)	Fitness Studio