

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 30/07/2024

### Times for Monday 5 August



Time	Session	Facility
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
4:15 pm - 5:00 pm	Junior Spin	Fitness Studio
5:00 pm - 5:30 pm	Junior Core Session	Fitness Studio
6:00 pm - 7:00 pm	Tone Up	Main Sports Hall
7:15 pm - 8:15 pm	Yoga	Main Sports Hall
7:30 pm - 9:30 pm	Family Gym	Gym
8:30 pm - 9:00 pm	Family Spin Session	Fitness Studio