

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 03/08/2024

Times for Friday 9 August



| Time | Session | Facility |
|---------------------|------------------------|------------------|
| 7:15 am - 8:00 am | Spin and Abs | Fitness Studio |
| 7:15 am - 8:15 am | Family Gym | Gym |
| 7:15 am - 9:30 pm | Gym Open to Public | Gym |
| 8:15 am - 9:00 am | Spinning (scenic ride) | Fitness Studio |
| 9:15 am - 10:00 am | Fusion | Main Sports Hall |
| 10:15 am - 11:15 am | Yoga | Activity Room |
| 11:00 am - 3:00 pm | Family Gym | Gym |
| 4:00 pm - 5:30 pm | Junior gym | Gym |
| 5:30 pm - 6:00 pm | HIIT Class | Fitness Studio |
| 7:30 pm - 9:30 pm | Family Gym | Gym |