

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 16/08/2024

### Times for Thursday 22 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
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