

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 09/09/2024

### Times for Friday 6 September



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
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