

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 09/09/2024

### Times for Saturday 7 September



Time	Session	Facility
8:30 am - 4:00 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
9:30 am - 10:30 am	Boot camp	Main Sports Hall
11:00 am - 12:00 pm	Junior gym	Gym
1:15 pm - 2:00 pm	Spinning (scenic ride)	Fitness Studio