

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 17/05/2025

Times for Monday 20 September



Time	Session	Facility
7:15 am - 9:30 pm	Gym Open to Public	Gym
6:30 pm - 7:30 pm	Yoga	Main Sports Hall
7:30 pm - 9:30 pm	Family Gym	Gym