

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 26/04/2024

### Times for Tuesday 21 September



Time	Session	Facility
7:15 am - 9:30 pm	Gym Open to Public	Gym
8:15 am - 9:00 am	Spinning	Fitness Studio
9:30 am - 10:30 am	Cardio Tone	Main Sports Hall
10:30 am - 11:30 am	Legs, Bums and Tums	Main Sports Hall
4:00 pm - 5:30 pm	Junior gym	Gym
5:00 pm - 5:45 pm	Spinning (scenic ride)	Fitness Studio
7:00 pm - 8:00 pm	Tone Up	Main Sports Hall
7:30 pm - 9:30 pm	Family Gym	Gym