

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 22 September



Time	Session	Facility
7:15 am - 9:30 pm	Gym Open to Public	Gym
11:00 am - 12:00 pm	Spinning	Fitness Studio
4:00 pm - 5:30 pm	Junior gym	Gym
5:00 pm - 5:45 pm	Spinning (scenic ride)	Fitness Studio
6:15 pm - 7:00 pm	Spinning	Fitness Studio
7:30 pm - 9:30 pm	Family Gym	Gym
8:15 pm - 9:00 pm	Spinning (scenic ride)	Fitness Studio