

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 25/04/2024

### Times for Thursday 23 September



Time	Session	Facility
7:15 am - 9:30 pm	Gym Open to Public	Gym
8:45 am - 9:30 am	Spinning	Fitness Studio
11:00 am - 12:00 pm	Cardio Light	Main Sports Hall
2:00 pm - 2:45 pm	Aqua fitness	Large Pool
4:00 pm - 5:30 pm	Junior gym	Gym
7:30 pm - 9:30 pm	Family Gym	Gym