

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 25/04/2024

Times for Friday 24 September



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