

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 1 December



Time	Session	Facility
7:15 am - 8:15 am	Family Gym	Gym
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
12:00 pm - 1:00 pm	Yoga	Activity Room
12:15 pm - 1:15 pm	Spinning	Fitness Studio
2:00 pm - 2:45 pm	Aqua fitness	Large Pool
4:00 pm - 5:30 pm	Junior gym	Gym
6:30 pm - 7:15 pm	PB45 - Power Burn	Main Sports Hall
7:30 pm - 9:30 pm	Family Gym	Gym