Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 12/05/2024

Times for Saturday 3 December

Time	Session	Facility
8:30 am - 4:00 pm	Gym Open to Public	Gym
9:00 am - 12:00 pm	Family Gym	Gym
9:30 am - 10:15 am	Spinning (scenic ride)	Fitness Studio
9:30 am - 10:30 am	Boot camp	Main Sports Hall
10:45 am - 11:30 am	Spinning (scenic ride)	Fitness Studio
11:00 am - 12:00 pm	Junior gym	Gym
12:00 pm - 12:45 pm	Spinning (scenic ride)	Fitness Studio
1:15 pm - 2:00 pm	Spinning (scenic ride)	Fitness Studio