

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 28/04/2024

### Times for Tuesday 6 December



| Time                | Session                | Facility         |
|---------------------|------------------------|------------------|
| 7:15 am - 8:15 am   | Family Gym             | Gym              |
| 7:15 am - 9:30 pm   | Gym Open to Public     | Gym              |
| 8:15 am - 9:00 am   | Spinning               | Fitness Studio   |
| 9:30 am - 10:30 am  | Cardio Tone            | Main Sports Hall |
| 10:30 am - 11:30 am | Legs, Bums and Tums    | Main Sports Hall |
| 12:00 pm - 12:45 pm | Spinning (scenic ride) | Fitness Studio   |
| 4:00 pm - 5:30 pm   | Junior gym             | Gym              |
| 5:00 pm - 5:45 pm   | Spinning (scenic ride) | Fitness Studio   |
| 7:00 pm - 8:00 pm   | Tone Up                | Main Sports Hall |
| 7:30 pm - 9:30 pm   | Family Gym             | Gym              |