

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 09/06/2026

Times for Tuesday 9 June



| Time | Session | Facility |
|-------------------|--------------------|------------------|
| 7:15 am - 8:15 am | Family Gym | Gym |
| 7:15 am - 9:30 pm | Gym Open to Public | Gym |
| 4:00 pm - 5:30 pm | Junior gym | Gym |
| 5:00 pm - 5:45 pm | Virtual Spinning | Fitness Studio |
| 7:00 pm - 8:00 pm | Tone Up | Main Sports Hall |
| 7:30 pm - 9:30 pm | Family Gym | Gym |