

# Fitness sessions timetable

## Ennerdale Leisure Centre

Accurate as of 09/06/2026

### Times for Wednesday 10 June



Time	Session	Facility
7:15 am - 8:00 am	Virtual Spinning	Fitness Studio
7:15 am - 8:15 am	Family Gym	Gym
7:15 am - 9:30 pm	Gym Open to Public	Gym
9:30 am - 10:30 am	Tone Up	Main Sports Hall
4:00 pm - 5:30 pm	Junior gym	Gym
6:15 pm - 7:00 pm	Virtual Spinning	Fitness Studio
7:30 pm - 9:30 pm	Family Gym	Gym