

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 09/06/2026

Times for Thursday 11 June



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	Virtual Spinning	Fitness Studio
11:00 am - 12:00 pm	Cardio Light	Main Sports Hall
12:00 pm - 1:00 pm	Yoga	Activity Room
4:00 pm - 5:00 pm	Junior gym	Gym
7:00 pm - 8:00 pm	Circuit fitness	Main Sports Hall
7:30 pm - 9:30 pm	Family Gym	Gym