

Fitness sessions timetable

Ennerdale Leisure Centre

Accurate as of 09/06/2026

Times for Friday 12 June



Time	Session	Facility
7:15 am - 8:00 am	Spin and Abs	Fitness Studio
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	Virtual Spinning	Fitness Studio
9:30 am - 10:15 am	Fusion	Main Sports Hall
10:15 am - 11:15 am	Yoga	Activity Room
4:00 pm - 5:30 pm	Junior gym	Gym
5:30 pm - 6:00 pm	HIIT Class	Fitness Studio
7:30 pm - 9:30 pm	Family Gym	Gym