

# Fitness Suite Schedule

Monday 2nd June to Friday 4th July 2025

No restrictions from Monday 7th July to Sunday 31<sup>st</sup> August 2025



SYLVESTRIAN  
LEISURE CENTRE

07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00



Sylvestrian Leisure Centre, College Place, E17 3PY  
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[www.sylvestrian-leisure.co.uk](http://www.sylvestrian-leisure.co.uk)

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