

# Fitness Suite Schedule

Monday 1st September to Friday 17th October 2025

No restrictions from Monday 20th October to Sunday 2nd November 2025



SYLVESTRIAN  
LEISURE CENTRE

06:00 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

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Sylvestrian Leisure Centre, College Place, E17 3PY  
enquiries@sylvestrian-leisure.co.uk  
www.sylvestrian-leisure.co.uk

Available to use

Peak Membership

Off Peak Membership

