

Fitness Suite Schedule

Monday 5th January to Friday 13th February 2026

No restrictions from Monday 16th February to Friday 20th February 2026



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



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

Available to use

Peak Membership

Off Peak Membership

