

# Fitness Suite Schedule



Monday 23<sup>rd</sup> February to Friday 27<sup>th</sup> March 2026

No restrictions from Monday 30<sup>th</sup> March to Friday 17<sup>th</sup> April 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

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

