

Fitness Suite Schedule

Monday 7th September to Friday 16th October 2026

No restrictions from Monday 19th October to Friday 30th October 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



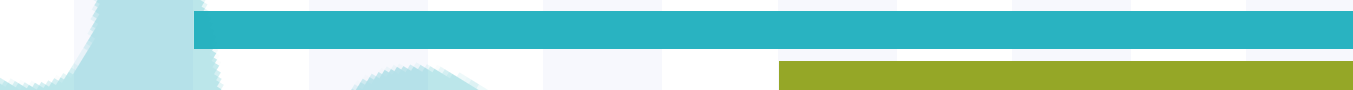
Thursday



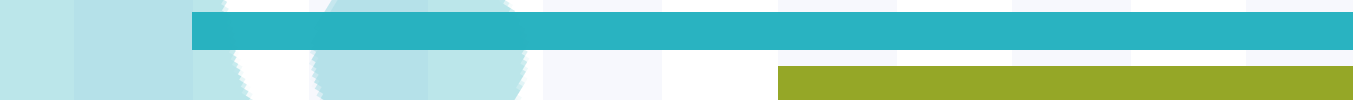
Friday



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

