

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 29 June



Time	Session	Facility
7:15 am - 9:15 am	Adults only swimming	Main Pool
9:00 am - 11:30 am	Public Swimming	Leisure Pool
10:30 am - 1:00 pm	Public Swimming	Main Pool
1:00 pm - 3:00 pm	Public Swimming	Leisure Pool
3:30 pm - 5:30 pm	Public Swimming	Main Pool
4:15 pm - 6:15 pm	Public Swimming	Leisure Pool
6:30 pm - 7:15 pm	Aqua Zumba	Leisure Pool
8:15 pm - 9:00 pm	Adults only swimming	Main Pool