


Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 08/05/2024

| Times for Thursday 17 June | | |  |
|----------------------------|------------------------|----------------|---|
| Time | Session | Facility | |
| 9:30 am - 10:30 am | Spinning (scenic ride) | Virtual Studio | |
| 10:15 am - 11:00 am | Legs, Bums and Tums | Main Hall | |
| 1:15 pm - 2:15 pm | Spinning | Virtual Studio | |
| 5:00 pm - 5:45 pm | Spinning (scenic ride) | Virtual Studio | |
| 7:00 pm - 8:00 pm | Box Fit | Main Hall | |