

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 27/04/2024

### 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      |