

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 04/05/2024

### Times for Wednesday 23 June



Time	Session	Facility
9:30 am - 10:30 am	Spinning	Virtual Studio
10:00 am - 11:00 am	Legs, Bums and Tums	Main Hall
12:00 pm - 1:00 pm	Spinning	Virtual Studio
5:00 pm - 6:00 pm	Spinning (scenic ride)	Virtual Studio
6:15 pm - 7:15 pm	Spinning (scenic ride)	Virtual Studio
6:30 pm - 7:30 pm	Step and Box	Main Hall
8:00 pm - 8:45 pm	Cardio Dance	Main Hall