

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 04/05/2024

### Times for Thursday 24 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