

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 21/05/2024

| Times for Wednesday 22 June |                        |                |  |
|-----------------------------|------------------------|----------------|---|
| Time                        | Session                | Facility       |   |
| 7:00 am - 9:00 pm           | Gym Open to Public     | Gym            |   |
| 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 |   |
| 3:30 pm - 8:00 pm           | Junior Gym (aged 15+)  | Gym            |   |
| 4:00 pm - 5:00 pm           | Junior Gym (age 11+)   | Gym            |   |
| 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      |   |
| 7:00 pm - 9:00 pm           | Family Gym             | Gym            |   |
| 8:00 pm - 8:45 pm           | Cardio Dance           | Main Hall      |   |