

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 21/05/2024

Times for Thursday 23 June			
Time	Session	Facility	
7:00 am - 9:00 pm	Gym Open to Public	Gym	
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	
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 - 5:45 pm	Spinning (scenic ride)	Virtual Studio	
5:45 pm - 6:45 pm	Yoga	Main Hall	
6:15 pm - 7:00 pm	Spinning (scenic ride)	Virtual Studio	
7:00 pm - 8:00 pm	Box Fit	Main Hall	
7:00 pm - 9:00 pm	Family Gym	Gym	