

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 02/05/2024

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 |