

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 01/05/2024

### Times for Sunday 3 July



| Time               | Session               | Facility       |
|--------------------|-----------------------|----------------|
| 8:00 am - 4:00 pm  | Gym Open to Public    | Gym            |
| 8:30 am - 2:00 pm  | Junior Gym (aged 15+) | Gym            |
| 9:00 am - 12:00 pm | Family Gym            | Gym            |
| 9:30 am - 10:30 am | Junior Gym (age 11+)  | Gym            |
| 12:00 pm - 1:00 pm | Spinning              | Virtual Studio |