


# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 17/05/2024

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	