

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 24 April			
Time	Session	Facility	
7:00 am - 9:00 pm	Gym Open to Public	Gym	
9:00 am - 1:00 pm	Family Gym (Term Time Only)	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	
1:30 pm - 2:30 pm	Virtual Yoga	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	