

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 20/05/2026

Times for Thursday 21 May



Time	Session	Facility
7:00 am - 9:00 pm	Gym Open to Public	Gym
7:15 am - 8:00 am	Virtual Holistic Class	Virtual Studio
9:00 am - 1:00 pm	Junior Gym (aged 15+)	Gym
9:00 am - 8:00 pm	Family Gym	Gym
9:15 am - 10:15 am	Yoga	Activity Room
10:15 am - 11:15 am	Yogalates	Activity Room
1:15 pm - 2:15 pm	Virtual Spinning	Virtual Studio
3:00 pm - 9:00 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 - 7:45 pm	Zumba	Activity Room
7:00 pm - 8:00 pm	Box Fit	Main Hall
8:00 pm - 8:45 pm	Legs, Bums and Tums	Main Hall