

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 20/05/2026

### Times for Saturday 23 May



Time	Session	Facility
8:00 am - 4:30 pm	Gym Open to Public	Gym
8:30 am - 9:15 am	Virtual Spinning	Virtual Studio
8:30 am - 2:00 pm	Junior Gym (aged 15+)	Gym
8:45 am - 9:45 am	Boot camp	Main Hall
9:00 am - 2:00 pm	Family Gym	Gym
9:30 am - 10:30 am	Spinning (scenic ride)	Virtual Studio
9:45 am - 10:15 am	PB30 - Power Burn	Gym
10:15 am - 11:00 am	Zumba	Activity Room
12:00 pm - 1:00 pm	Spinning (scenic ride)	Virtual Studio
1:00 pm - 2:00 pm	Junior Gym (age 11+)	Gym