

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 20/05/2026

### Times for Sunday 24 May



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