

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 25/06/2026

Times for Wednesday 1 July



Time	Session	Facility
7:00 am - 8:00 am	Yoga	Activity Room
7:00 am - 9:00 pm	Gym Open to Public	Gym
9:00 am - 1:00 pm	Junior Gym (aged 15+)	Gym
9:00 am - 8:00 pm	Family Gym	Gym
9:15 am - 10:00 am	Step Aerobics	Main Hall
9:15 am - 10:00 am	Spin & Abs	Gym
9:30 am - 10:30 am	Virtual Spinning	Virtual Studio
10:00 am - 11:00 am	Legs, Bums and Tums	Main Hall
12:00 pm - 1:00 pm	Virtual Spinning	Virtual Studio
1:30 pm - 2:30 pm	Virtual Holistic Class	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	Virtual Spinning	Virtual Studio
6:00 pm - 7:00 pm	Virtual Spinning	Virtual Studio
6:30 pm - 7:30 pm	Step Aerobics	Main Hall