

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Monday 24 August			
Time	Session	Facility	
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 - 5:00 pm	Family Gym	Gym	
9:15 am - 10:00 am	Women's Weight Circuit	Gym	
9:30 am - 10:30 am	Virtual Spinning	Virtual Studio	
10:00 am - 11:00 am	Body Tone	Main Hall	
11:00 am - 12:00 pm	Yoga	Main Hall	
12:00 pm - 1:00 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	
4:30 pm - 5:15 pm	Spinning (scenic ride)	Virtual Studio	
5:30 pm - 6:30 pm	Spin & Abs	Gym	
7:15 pm - 8:15 pm	Circuit training	Main Hall	