

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Tuesday 25 August



Time	Session	Facility
7:00 am - 9:00 pm	Gym Open to Public	Gym
8:30 am - 9:15 am	Yoga	Activity Room
9:00 am - 1:00 pm	Junior Gym (aged 15+)	Gym
9:00 am - 8:00 pm	Family Gym	Gym
9:30 am - 10:15 am	PB45 - Power Burn	Gym
9:30 am - 10:30 am	Virtual Spinning	Virtual Studio
12:00 pm - 1:00 pm	Virtual Spinning	Virtual Studio
12:15 pm - 1:15 pm	Tone Up	Main Hall
1:15 pm - 2:15 pm	Pilates	Activity Room
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 - 5:30 pm	Yoga Fitness	Activity Room
5:00 pm - 6:00 pm	Virtual Spinning	Virtual Studio
5:30 pm - 6:30 pm	Yogalates	Activity Room
6:15 pm - 7:15 pm	Virtual Spinning	Virtual Studio
7:00 pm - 8:00 pm	Circuit training	Main Hall