

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Wednesday 26 August			
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	