

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 24/08/2026

### Times for Thursday 27 August



| Time                | Session                | Facility       |
|---------------------|------------------------|----------------|
| 7:00 am - 9:00 pm   | Gym Open to Public     | Gym            |
| 7:15 am - 8:00 am   | Virtual Holistic Class | Virtual Studio |
| 9:00 am - 1:00 pm   | Junior Gym (aged 15+)  | Gym            |
| 9:00 am - 8:00 pm   | Family Gym             | Gym            |
| 9:15 am - 10:15 am  | Yoga                   | Activity Room  |
| 10:15 am - 11:15 am | Yogalates              | Activity Room  |
| 1:15 pm - 2:15 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            |
| 5:00 pm - 5:45 pm   | Spinning (scenic ride) | Virtual Studio |
| 5:45 pm - 6:45 pm   | Yoga                   | Main Hall      |
| 6:15 pm - 7:00 pm   | Spinning (scenic ride) | Virtual Studio |
| 7:00 pm - 7:45 pm   | Zumba                  | Activity Room  |
| 7:00 pm - 8:00 pm   | Box Fit                | Main Hall      |
| 8:00 pm - 8:45 pm   | Legs, Bums and Tums    | Main Hall      |