

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Saturday 29 August			
Time	Session	Facility	
8:00 am - 4:30 pm	Gym Open to Public	Gym	
8:30 am - 9:15 am	Virtual Spinning	Virtual Studio	
8:30 am - 2:00 pm	Junior Gym (aged 15+)	Gym	
8:45 am - 9:45 am	Boot camp	Main Hall	
9:00 am - 2:00 pm	Family Gym	Gym	
9:30 am - 10:30 am	Spinning (scenic ride)	Virtual Studio	
9:45 am - 10:15 am	PB30 - Power Burn	Gym	
10:15 am - 11:00 am	Zumba	Activity Room	
12:00 pm - 1:00 pm	Spinning (scenic ride)	Virtual Studio	
12:00 pm - 1:00 pm	Junior Gym (age 11+)	Gym	