

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Sunday 30 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
9:00 am - 2:00 pm	Family Gym	Gym
9:30 am - 10:30 am	Junior Gym (age 11+)	Gym
12:00 pm - 1:00 pm	Virtual Spinning	Virtual Studio