

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 25/08/2026

Times for Monday 31 August

Time	Session	Facility
7:00 am - 3:30 pm	Gym Open to Public	Gym
9:00 am - 1:00 pm	Junior Gym (aged 15+)	Gym
9:00 am - 3:30 pm	Family Gym	Gym
9:15 am - 10:00 am	Women's Weight Circuit	Gym
9:30 am - 10:30 am	Virtual Spinning	Virtual Studio
10:00 am - 11:00 am	Body Tone	Main Hall
11:00 am - 12:00 pm	Yoga	Main Hall
12:00 pm - 1:00 pm	Virtual Spinning	Virtual Studio