

# Sauna and steam sessions timetable

## Woodford Leisure Centre

Accurate as of 27/05/2026

### Times for Friday 29 May



Time	Session	Facility
7:00 am - 3:00 pm	Sauna Open	Sauna
7:00 am - 3:00 pm	Steam Room Open	Steam Room
3:30 pm - 9:00 pm	Sauna Open	Sauna
3:30 pm - 9:00 pm	Steam Room Open	Steam Room