# Sauna and steam sessions timetable

## Woodford Leisure Centre

**Accurate as of 23/11/2026**

### Times for Friday 27 November

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