


SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 12/05/2024

Times for Monday 3 May					
Time	Session	Facility	Instructor	Type	
18:00 - 18:45	LBT	Gym 1	Clare	Cardio	
19:00 - 19:45	Group Cycle	Gym 1	Clare	Cardio	
20:00 - 20:45	PWR BEATZ	Gym 1	Leanne	Dance/Cardio	