

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 14/05/2024

Times for Tuesday 4 May				
Time	Session	Facility	Instructor	Type
09:30 - 10:30	Aqua Deep	Swimming Pool	Leanne	Aqua
19:00 - 19:45	Group Cycle	Gym 1	Bee	Cardio