

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 28/04/2024

### Times for Wednesday 5 May



Time	Session	Facility	Instructor	Type
13:30 - 14:30	Aqua Fitness	Swimming Pool	Leanne	Aqua
18:00 - 18:45	Pump45*	Gym 1	Bee	Strength
19:00 - 19:45	Beatz Fitness	Gym 1	Leanne	Fitness
20:00 - 21:00	Pilates	Gym 1	Laura	Mind/Body