


SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 10/05/2024

Times for Thursday 6 May					
Time	Session	Facility	Instructor	Type	
18:00 - 18:45	Group Cycle	Gym 1	Clare	Cardio	
18:45 - 19:45	Aqua Aerobics	Swimming Pool	Cathy	Cardio	
19:00 - 19:45	Strengthen, Burn & Tone	Gym 1	Leanne	Fitness	
19:00 - 20:00	Hatha Yoga	Activity Room	Laura	Mind/Body	