

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 03/05/2024

| Times for Tuesday 11 May | | | | |
|--------------------------|-------------------------|---------------|------------|--------|
| Time | Session | Facility | Instructor | Type |
| 09:30 - 10:30 | Aqua Deep (Cancelled) | Swimming Pool | Leanne | Aqua |
| 19:00 - 19:45 | Group Cycle (Cancelled) | Gym 1 | Bee | Cardio |