

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 12 May

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