

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 09/04/2024

Times for Thursday 13 May

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