

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 26/09/2023

### Times for Monday 30 January



Time	Session	Facility	Instructor	Type
18:00 - 18:45	LBT	Gym 1	Clare	Cardio
19:00 - 19:45	Group Cycle	Gym 1	Clare	Cardio
20:00 - 20:45	PWR BEATZ	Gym 1	Leanne	Dance/Cardio