

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 09/05/2025

| Times for Tuesday 31 January |                   |               |            |          |
|------------------------------|-------------------|---------------|------------|----------|
| Time                         | Session           | Facility      | Instructor | Type     |
| 09:30 - 10:30                | Aqua Deep         | Swimming Pool | Leanne     | Aqua     |
| 18:00 - 18:45                | Body Conditioning | Gym 1         | Bee        | Strength |
| 19:00 - 19:45                | Group Cycle       | Gym 1         | Bee        | Cardio   |