

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 29/03/2023

### Times for Friday 3 February



Time	Session	Facility	Instructor	Type
14:00 - 15:00	Aqua Aerobics	Swimming Pool	Julie	Cardio
18:30 - 19:15	GLOW BEATZ	Gym 1	Leanne	Dance/Cardio