

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 30/05/2023

Times for Tuesday 7 February



Time	Session	Facility	Instructor	Type
09:30 - 10:30	Aqua Deep	Swimming Pool	Leanne	Aqua
18:00 - 18:45	Circuits	Gym 1	Bee	Cardio
19:00 - 19:45	Group Cycle	Gym 1	Bee	Cardio
20:00 - 21:00	Dynamic Yoga	Activity Room	Laura	Mind/Body