SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 28 March

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