

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 12/05/2025

Times for Thursday 30 March				
Time	Session	Facility	Instructor	Type
18:00 - 18:45	Group Cycle	Gym 1	Clare	Cardio
18:45 - 19:45	Aqua Aerobics	Swimming Pool	Cathy	Cardio
19:00 - 19:45	Strengthen, Burn & Tone	Gym 1	Leanne	Fitness
19:00 - 20:00	Hatha Yoga	Activity Room	Laura	Mind/Body
20:00 - 20:45	Bokwa	Gym 1	Leanne	Dance/Cardio