

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 11/05/2025

Times for Friday 31 March				
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