

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 7 April



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