SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 24 April

Time	Session	Facility	Instructor	Type
13:30 - 14:30	Aqua Fitness	Swimming Pool	Leanne	Aqua
18:00 - 18:45	Pump45*	Gym 1	Bee	Strength
19:00 - 19:45	Beatz Fitness	Gym 1	Leanne	Fitness
20:00 - 21:00	Pilates	Gym 1	Laura	Mind/Body
20:05 - 21:05	Aqua Fitness	Swimming Pool	Leanne	Aqua
21:10 - 21:55	Aqua Deep	Swimming Pool	Leanne	Aqua