

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 19/05/2024

| Times for Sunday 28 April | | | | |
|---------------------------|-------------|----------|------------|----------|
| Time | Session | Facility | Instructor | Type |
| 09:30 - 10:15 | Group Cycle | Gym 1 | Bee | Cardio |
| 10:20 - 11:05 | Pump45* | Gym 1 | Bee | Strength |