


# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 21/05/2024

| Times for Monday 11 February |   |               |  |
|------------------------------|---|---------------|---|
| Time                         | Session   | Facility      |   |
| 7:00 am - 9:15 am            | Adults only swimming                              | Main Pool     |   |
| 9:00 am - 10:00 am           | Adults only swimming                              | Leisure Pool  |   |
| 9:00 am - 9:30 pm            | Leisure centre closed for bank holiday            | Leisure Pool  |   |
| 9:00 am - 10:00 pm           | Leisure centre closed for bank holiday            | Leisure Pool  |   |
| 9:15 am - 10:30 am           | Adult only swimming (shared pool with aqua class) | Main Pool     |   |
| 9:30 am - 10:15 am           | Aqua Fit  | Main Pool     |   |
| 6:00 pm - 6:45 pm            | Aqua Fit  | Main Pool     |   |
| 8:00 pm - 9:00 pm            | Adults only swimming                              | Main Pool     |   |
| 8:00 pm - 9:00 pm            | Adults only swimming                              | Teaching Pool |   |