

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 02/05/2024

### 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 |