Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 17/05/2024

| Times for Saturday 23 February | | |
|--------------------------------|------------------|----------------|
| Time | Session | Facility |
| 9:00 am - 10:00 am | Spinning | Virtual Studio |
| 9:30 am - 10:30 am | Circuit training | Main Hall |
| 10:00 am - 11:00 am | Circuit training | Main Hall |
| 1:00 pm - 2:00 pm | Spinning | Virtual Studio |