

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 17/05/2025

Times for Wednesday 24 April



| Time | Session | Facility |
|---------------------|---------------------|----------------|
| 7:10 am - 8:00 am | Spinning | Virtual Studio |
| 9:00 am - 10:00 am | Legs, Bums and Tums | Main Hall |
| 12:00 pm - 12:15 pm | Pilates | Virtual Studio |
| 12:30 pm - 1:30 pm | Pilates | Activity Room |
| 6:00 pm - 7:00 pm | Spinning | Virtual Studio |
| 7:00 pm - 8:00 pm | Step Aerobics | Main Hall |
| 8:00 pm - 8:45 pm | Zumba | Main Hall |