

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 14/05/2024

Times for Monday 19 August			
Time	Session	Facility	
6:00 am - 7:00 am	Leisure centre closed for bank holiday	Gym	
7:10 am - 8:00 am	Spinning	Virtual Studio	
9:00 am - 9:30 pm	Leisure centre closed for bank holiday	Gym	
9:15 am - 10:00 am	Indoor cycling	Main Hall	
10:00 am - 11:00 am	Aerobics	Dance Studio	
10:00 am - 11:00 am	Body Tone	Main Hall	
11:00 am - 12:00 pm	Yoga	Meeting room	
12:00 pm - 1:00 pm	Spinning	Virtual Studio	
5:30 pm - 6:30 pm	Pilates	Activity Room	
6:00 pm - 7:00 pm	Spinning	Virtual Studio	
7:00 pm - 8:00 pm	Boot camp	Main Hall	