

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 29/04/2024

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 |