Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 05/05/2024

Times for Thursday 22 August

Time	Session	Facility
7:10 am - 8:00 am	Spinning	Virtual Studio
9:00 am - 9:30 pm	Leisure centre closed for bank holiday	Main Hall
12:00 pm - 1:00 pm	Spinning	Virtual Studio
6:00 pm - 7:00 pm	Yoga	Meeting room
6:00 pm - 7:00 pm	Spinning	Virtual Studio
7:15 pm - 8:15 pm	Box Fit	Main Hall