## Fitness sessions timetable

## **Woodford Leisure Centre**

## Accurate as of 14/05/2024

| Times for Tuesday 15 October |                 |                |
|------------------------------|-----------------|----------------|
| Time                         | Session         | Facility       |
| 7:10 am - 8:00 am            | Spinning        | Virtual Studio |
| 12:00 pm - 1:00 pm           | Spinning        | Virtual Studio |
| 6:00 pm - 6:25 pm            | HIIT Class      | Main Hall      |
| 6:00 pm - 7:00 pm            | Spinning        | Virtual Studio |
| 6:30 pm - 6:55 pm            | HIIT Class      | Main Hall      |
| 7:15 pm - 8:15 pm            | Circuit fitness | Main Hall      |