

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 29/04/2024

Times for Friday 18 October



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
10:30 am - 11:00 am	HIIT Class	Main Hall
11:00 am - 12:00 pm	Yoga	Activity Room
12:00 pm - 1:00 pm	Spinning	Virtual Studio
6:00 pm - 7:00 pm	Spinning	Virtual Studio