

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 19 October



Time	Session	Facility
9:00 am - 10:00 am	Spinning	Virtual Studio
9:30 am - 10:30 am	Circuit training	Main Hall
10:00 am - 11:00 am	Circuit training	Main Hall
11:00 am - 12:00 pm	Family Circuit Training	Main Hall
1:00 pm - 2:00 pm	Spinning	Virtual Studio