

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 20/04/2024

### Times for Tuesday 22 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