## Fitness sessions timetable

## **Woodford Leisure Centre**

## Accurate as of 10/05/2024

| Times for Friday 22 November |  |                |
|------------------------------|--|----------------|
| 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 |