

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 28/04/2024

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 |