

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 07/05/2024

Times for Thursday 28 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      |
| 12:00 pm - 1:00 pm | Spinning                               | Virtual Studio |
| 6:00 pm - 7:00 pm  | Yoga                                   | Meeting room   |
| 6:00 pm - 7:00 pm  | Spinning                               | Virtual Studio |
| 7:15 pm - 8:15 pm  | Box Fit                                | Main Hall      |