


Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 15 January			
Time	Session	Facility	
7:10 am - 8:00 am	Spinning	Virtual Studio	
9:00 am - 10:00 am	Legs, Bums and Tums	Main Hall	
12:00 pm - 12:15 pm	Pilates	Virtual Studio	
12:30 pm - 1:30 pm	Pilates	Activity Room	
6:00 pm - 7:00 pm	Spinning	Virtual Studio	
7:00 pm - 8:00 pm	Step Aerobics	Main Hall	
8:00 pm - 8:45 pm	Zumba	Main Hall	