

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 08/05/2024

Times for Monday 20 January



Time	Session	Facility
6:00 am - 7:00 am	Leisure centre closed for bank holiday	Gym
7:10 am - 8:00 am	Spinning	Virtual Studio
9:00 am - 9:30 pm	Leisure centre closed for bank holiday	Gym
9:15 am - 10:00 am	Indoor cycling	Main Hall
9:15 am - 10:00 am	Yoga	Meeting room
10:00 am - 11:00 am	Aerobics	Dance Studio
10:00 am - 11:00 am	Body Tone	Main Hall
10:00 am - 11:00 am	Pilates	Meeting room
11:00 am - 12:00 pm	Yoga	Meeting room
12:00 pm - 1:00 pm	Spinning	Virtual Studio
5:30 pm - 6:30 pm	Pilates	Activity Room
6:00 pm - 7:00 pm	Spinning	Virtual Studio
7:00 pm - 8:00 pm	Boot camp	Main Hall