


Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 09/04/2024

Times for Tuesday 21 January			
Time	Session	Facility	
7:10 am - 8:00 am	Spinning	Virtual Studio	
10:00 am - 11:00 am	Cardio Light	Main Hall	
12:00 pm - 1:00 pm	Spinning	Virtual Studio	
6:00 pm - 6:25 pm	HIIT Class	Main Hall	
6:00 pm - 7:00 pm	Spinning	Virtual Studio	
6:00 pm - 7:00 pm	Yoga	Activity Room	
6:30 pm - 6:55 pm	HIIT Class	Main Hall	
7:00 pm - 8:00 pm	Yoga	Meeting room	
7:15 pm - 8:15 pm	Circuit fitness	Main Hall	