


# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 14/05/2024

| Times for Monday 24 February |  |                |  |
|------------------------------|--|----------------|---|
| 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      |   |
| 10:00 am - 11:00 am          | Aerobics                               | Dance Studio   |   |
| 10:00 am - 11:00 am          | Body Tone                              | Main Hall      |   |
| 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      |   |