

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 30/04/2024

### Times for Wednesday 4 March



| 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      |