

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 5 March



Time	Session	Facility
7:10 am - 8:00 am	Spinning	Virtual Studio
9:00 am - 9:30 pm	Leisure centre closed for bank holiday	Main Hall
10:00 am - 11:00 am	Jumping Jacks	Activity Room
12:00 pm - 1:00 pm	Spinning	Virtual Studio
1:00 pm - 2:00 pm	Jumping Jacks	Activity Room
6:00 pm - 7:00 pm	Yoga	Meeting room
6:00 pm - 7:00 pm	Spinning	Virtual Studio
7:15 pm - 8:15 pm	Box Fit	Main Hall