


Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 10/05/2024

Times for Friday 6 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	
10:30 am - 11:00 am	HIIT Class	Main Hall	
11:00 am - 12:00 pm	Yoga	Activity Room	
12:00 pm - 1:00 pm	Spinning	Virtual Studio	
6:00 pm - 7:00 pm	Spinning	Virtual Studio	