

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 30/04/2024

Times for Wednesday 1 July



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