

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 25/04/2024

Times for Monday 6 July



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
10:00 am - 11:00 am	Jumping Jacks	Activity Room
11:00 am - 12:00 pm	Yoga	Meeting room
12:00 pm - 1:00 pm	Spinning	Virtual Studio
1:00 pm - 2:00 pm	Jumping Jacks	Activity Room
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