

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 17/04/2024

Times for Tuesday 7 July



Time	Session	Facility
7:10 am - 8:00 am	Spinning	Virtual Studio
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 - 6:25 pm	HIIT Class	Main Hall
6:00 pm - 7:00 pm	Spinning	Virtual Studio
6:30 pm - 6:55 pm	HIIT Class	Main Hall
7:15 pm - 8:15 pm	Circuit fitness	Main Hall