


Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 16/05/2024

Times for Saturday 11 July			
Time	Session	Facility	
9:00 am - 10:00 am	Spinning	Virtual Studio	
9:30 am - 10:30 am	Circuit training	Main Hall	
10:00 am - 11:00 am	Circuit training	Main Hall	
11:00 am - 12:00 pm	Family Circuit Training	Main Hall	
1:00 pm - 2:00 pm	Spinning	Virtual Studio	