

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 01/05/2024

### 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 |