

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 30 April			
Time	Session	Facility	
7:00 am - 9:00 pm	Gym Open to Public	Gym	
9:00 am - 1:00 pm	Family Gym (Term Time Only)	Gym	
9:30 am - 10:30 am	Spinning (scenic ride)	Virtual Studio	
10:00 am - 11:00 am	Body Conditioning	Main Hall	
12:00 pm - 1:00 pm	Spinning	Virtual Studio	
3:30 pm - 8:00 pm	Junior Gym (aged 15+)	Gym	
4:00 pm - 5:00 pm	Junior Gym (age 11+)	Gym	
5:00 pm - 6:00 pm	Spinning (scenic ride)	Virtual Studio	
6:15 pm - 6:45 pm	HIIT Class	Main Hall	
6:15 pm - 7:15 pm	Spinning	Virtual Studio	
7:00 pm - 8:00 pm	Circuit fitness	Main Hall	
7:00 pm - 9:00 pm	Family Gym	Gym	