


Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 04/09/2024

Times for Monday 26 August			
Time	Session	Facility	
8:00 am - 5:00 pm	Gym Open to Public	Gym	
9:00 am - 5:00 pm	Family Gym	Gym	
9:30 am - 10:30 am	Spinning	Virtual Studio	
12:00 pm - 1:00 pm	Spinning	Virtual Studio	
3:00 pm - 4:00 pm	Junior Gym (age 11+)	Gym	