

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 04/09/2024

### Times for Wednesday 28 August



| Time                | Session                | Facility       |
|---------------------|------------------------|----------------|
| 7:00 am - 9:00 pm   | Gym Open to Public     | Gym            |
| 9:00 am - 8:00 pm   | Family Gym             | Gym            |
| 9:30 am - 10:30 am  | Spinning               | Virtual Studio |
| 10:00 am - 11:00 am | Legs, Bums and Tums    | Main Hall      |
| 12:00 pm - 1:00 pm  | Spinning               | Virtual Studio |
| 1:30 pm - 2:30 pm   | Virtual Yoga           | 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 - 7:15 pm   | Spinning (scenic ride) | Virtual Studio |
| 6:30 pm - 7:30 pm   | Step and Box           | Main Hall      |
| 7:00 pm - 9:00 pm   | Family Gym             | Gym            |
| 8:00 pm - 8:45 pm   | Cardio Dance           | Main Hall      |