

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 03/09/2024

Times for Sunday 1 September



Time	Session	Facility
8:00 am - 4:00 pm	Gym Open to Public	Gym
8:30 am - 2:00 pm	Junior Gym (aged 15+)	Gym
9:00 am - 12:00 pm	Family Gym	Gym
9:30 am - 10:30 am	Junior Gym (age 11+)	Gym
10:00 am - 10:30 am	PB30 Tone - Power Burn Tone	Gym
12:00 pm - 1:00 pm	Spinning	Virtual Studio