

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 03/09/2024

### Times for Wednesday 4 September



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