

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 03/09/2024

Times for Thursday 5 September



Time	Session	Facility
7:00 am - 9:00 pm	Gym Open to Public	Gym
9:00 am - 8:00 pm	Family Gym	Gym
9:15 am - 10:00 am	Fusion	Main Hall
9:30 am - 10:30 am	Spinning (scenic ride)	Virtual Studio
10:15 am - 11:00 am	Legs, Bums and Tums	Main Hall
1:15 pm - 2:15 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 - 5:45 pm	Spinning (scenic ride)	Virtual Studio
5:45 pm - 6:45 pm	Yoga	Main Hall
6:15 pm - 7:00 pm	Spinning (scenic ride)	Virtual Studio
7:00 pm - 8:00 pm	Box Fit	Main Hall
7:00 pm - 9:00 pm	Family Gym	Gym