

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 11/09/2024

### Times for Tuesday 17 September



Time	Session	Facility
7:00 am - 9:00 pm	Gym Open to Public	Gym
9:00 am - 1:00 pm	Family Gym (Term Time Only)	Gym
9:30 am - 10:30 am	Spinning (scenic ride)	Virtual Studio
10:00 am - 11:00 am	Body Conditioning	Main Hall
12:00 pm - 1:00 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 - 6:00 pm	Spinning (scenic ride)	Virtual Studio
6:15 pm - 6:45 pm	HIIT Class	Main Hall
6:15 pm - 7:15 pm	Spinning	Virtual Studio
7:00 pm - 8:00 pm	Circuit fitness	Main Hall
7:00 pm - 9:00 pm	Family Gym	Gym