

Fitness sessions timetable

Woodford Leisure Centre

Accurate as of 27/12/2024

Times for Monday 2 December



| Time | Session | Facility |
|---------------------|------------------------|----------------|
| 7:00 am - 9:00 pm | Gym Open to Public | Gym |
| 9:00 am - 5:00 pm | Family Gym | Gym |
| 9:30 am - 10:30 am | Spinning | Virtual Studio |
| 10:00 am - 11:00 am | Body Tone | Main Hall |
| 11:00 am - 12:00 pm | Yoga | 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 - 7:15 pm | Spinning (scenic ride) | Virtual Studio |
| 7:15 pm - 8:15 pm | Boot camp | Main Hall |