

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 27/12/2024

### Times for Tuesday 10 December



| 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 - 7:15 pm   | Spinning                    | Virtual Studio |
| 7:00 pm - 9:00 pm   | Family Gym                  | Gym            |