

# Fitness sessions timetable

## Woodford Leisure Centre

Accurate as of 22/12/2024

### Times for Monday 23 December



Time	Session	Facility
7:00 am - 9:00 pm	Gym Open to Public	Gym
9:00 am - 5:00 pm	Family Gym	Gym
3:30 pm - 8:00 pm	Junior Gym (aged 15+)	Gym
4:00 pm - 5:00 pm	Junior Gym (age 11+)	Gym