

# Sauna and steam sessions timetable

## Woodford Leisure Centre

Accurate as of 18/04/2024

### Times for Wednesday 17 April



| Time              | Session         | Facility   |
|-------------------|-----------------|------------|
| 7:00 am - 3:00 pm | Sauna Open      | Sauna      |
| 7:00 am - 3:00 pm | Steam Room Open | Steam Room |
| 3:30 pm - 9:00 pm | Sauna Open      | Sauna      |
| 3:30 pm - 9:00 pm | Steam Room Open | Steam Room |