


Sauna and steam sessions timetable

Woodford Leisure Centre

Accurate as of 21/05/2024

Times for Friday 19 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	