

Sauna and steam sessions timetable

Woodford Leisure Centre

Accurate as of 06/05/2024

Times for Monday 29 April



Time	Session	Facility
8:00 am - 2:30 pm	Sauna Open	Sauna
8:00 am - 2:30 pm	Steam Room Open	Steam Room
3:00 pm - 9:00 pm	Sauna Open	Sauna
3:00 pm - 9:00 pm	Steam Room Open	Steam Room