

Sauna and steam sessions timetable

Woodford Leisure Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May



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