

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 30/06/2024

### Times for Friday 5 July



| Time          | Session       | Facility      | Instructor | Type         |
|---------------|---------------|---------------|------------|--------------|
| 14:00 - 15:00 | Aqua Aerobics | Swimming Pool | Julie      | Cardio       |
| 18:30 - 19:15 | GLOW BEATZ    | Gym 1         | Leanne     | Dance/Cardio |