

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 03/08/2024

Times for Friday 9 August



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