

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 11/08/2024

### Times for Saturday 17 August



| Time          | Session      | Facility      | Instructor | Type      |
|---------------|--------------|---------------|------------|-----------|
| 10:00 - 11:00 | Fitness Yoga | Activity Room | Bee        | Mind/Body |