

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 12/08/2024

### Times for Sunday 18 August



Time	Session	Facility	Instructor	Type
09:30 - 10:15	Group Cycle	Gym 1	Bee	Cardio
10:20 - 11:05	Pump45*	Gym 1	Bee	Strength