

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 14/08/2024

### Times for Tuesday 20 August



| Time          | Session           | Facility      | Instructor | Type     |
|---------------|-------------------|---------------|------------|----------|
| 09:30 - 10:30 | Aqua Deep         | Swimming Pool | Leanne     | Aqua     |
| 18:00 - 18:45 | Body Conditioning | Gym 1         | Bee        | Strength |
| 19:00 - 19:45 | Group Cycle       | Gym 1         | Bee        | Cardio   |