

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 20/08/2024

Times for Monday 26 August



| Time | Session | Facility | Instructor | Type |
|---------------|-------------|----------|------------|--------------|
| 18:00 - 18:45 | LBT | Gym 1 | Clare | Cardio |
| 19:00 - 19:45 | Group Cycle | Gym 1 | Clare | Cardio |
| 20:00 - 20:45 | PWR BEATZ | Gym 1 | Leanne | Dance/Cardio |