

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 04/09/2024

Times for Sunday 8 September



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