

SWFLC Fitness Classes

South Woodham Ferrers Leisure Centre

Accurate as of 16/09/2024

Times for Sunday 22 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 |