

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 18/10/2024

### Times for Wednesday 25 September



| Time          | Session       | Facility      | Instructor | Type      |
|---------------|---------------|---------------|------------|-----------|
| 13:30 - 14:30 | Aqua Fitness  | Swimming Pool | Leanne     | Aqua      |
| 18:00 - 18:45 | Pump45*       | Gym 1         | Bee        | Strength  |
| 19:00 - 19:45 | Beatz Fitness | Gym 1         | Leanne     | Fitness   |
| 20:00 - 21:00 | Pilates       | Gym 1         | Laura      | Mind/Body |
| 20:05 - 21:05 | Aqua Fitness  | Swimming Pool | Leanne     | Aqua      |
| 21:10 - 21:55 | Aqua Deep     | Swimming Pool | Leanne     | Aqua      |