

### Week 1:

#### Monday 1<sup>st</sup> August

6:15pm: Circuits - Tennis Court  
6:15pm: Body Balance - Function Room  
7:15pm: Zumba - Coronation Hall

#### Tuesday 2<sup>nd</sup> August

6:30pm: Ab Attack - Tennis Court  
7:00pm: Kettlebell Blast - Tennis Court  
7:30pm: Ab Attack - Tennis Court  
8:00pm: LBT - Tennis Court

#### Wednesday 3<sup>rd</sup> August

9:30am: Body Conditioning - Function Room  
10:30am: Aerobics - Function Room  
8:00pm: Body Balance - Tennis Court

#### Thursday 4<sup>th</sup> August

9:30am: Tai Chi - Function Room  
10:00am: LBT - Coronation Hall  
10:30am: Zumba Gold - Coronation Hall

#### Friday 5<sup>th</sup> August

9:30am: Body Balance - Function Room

### Week 2:

#### Monday 8<sup>th</sup> August

6:15pm: Circuits - Tennis Court  
6:15pm: Body Balance - Function Room  
7:15pm: Zumba - Coronation Hall

#### Tuesday 9<sup>th</sup> August

6:30pm: Ab Attack - Tennis Court  
7:00pm: Kettlebell Blast - Tennis Court  
7:30pm: Ab Attack - Tennis Court  
8:00pm: LBT - Tennis Court

#### Wednesday 10<sup>th</sup> August

9:30am: Body Conditioning - Function Room  
10:30am: Aerobics - Function Room  
8:00pm: Body Balance - Tennis Court

#### Thursday 11<sup>th</sup> August

9:30am: Tai Chi - Function Room  
10:00am: LBT - Coronation Hall  
10:30am: Zumba Gold - Coronation Hall  
6:15pm: Combat Tone - Function Room  
7:15pm: Stretch & Tone - Tennis Court

#### Friday 12<sup>th</sup> August

9:30am: Body Balance - Function Room

### Week 3:

#### Monday 15<sup>th</sup> August

6:15pm: Circuits - Tennis Court  
6:15pm: Body Balance - Function Room  
7:15pm: Zumba - Coronation Hall  
7:15pm: Boxercise - Tennis Court

#### Tuesday 16<sup>th</sup> August

9:30am: Core Crunch - Tennis Court  
10:00am: Kettlebell Blast - Tennis Court  
12:30pm: Silver Circuits - Function Room

#### Wednesday 17<sup>th</sup> August

9:30am: Body Conditioning - Function Room  
10:30am: Aerobics - Function Room  
7:15pm: Bootcamp - Woodford Park Hill  
8:00pm: Body Balance - Tennis Court

#### Thursday 18<sup>th</sup> August

9:30am: Tai Chi - Function Room  
10:00am: LBT - Coronation Hall  
10:30am: Zumba Gold - Coronation Hall  
12:30pm: Silver Circuits - Function Room  
6:15pm: Combat Tone - Function Room  
7:15pm: Stretch & Tone - Tennis Court

#### Friday 19<sup>th</sup> August

9:30am: Body Balance - Function Room

#### Sunday 21<sup>st</sup> August

9:00am: Bootcamp - Woodford Park Hill

### Week 4:

#### Monday 22<sup>nd</sup> August

6:15pm: Circuits - Tennis Court  
7:15pm: Zumba - Coronation Hall  
7:15pm: Boxercise - Tennis Court

#### Tuesday 23<sup>rd</sup> August

9:30am: Core Crunch - Tennis Court  
10:00am: Kettlebell Blast - Tennis Court  
12:30pm: Silver Circuits - Function Room  
6:30pm: Ab Attack - Tennis Court  
7:00pm: Kettlebell Blast - Tennis Court  
7:30pm: Ab Attack - Tennis Court  
8:00pm: LBT - Tennis Court

#### Wednesday 24<sup>th</sup> August

9:30am: Body Conditioning - Function Room  
10:30am: Aerobics - Function Room  
7:15pm: Bootcamp - Woodford Park Hill

#### Thursday 25<sup>th</sup> August

9:30am: Tai Chi - Function Room  
10:00am: LBT - Coronation Hall  
10:30am: Zumba Gold - Coronation Hall  
12:30pm: Silver Circuits - Function Room  
7:15pm: Stretch & Tone - Tennis Court

#### Friday 26<sup>th</sup> August

9:30am: Body Balance - Function Room

### Week 5:

#### Monday 29<sup>th</sup> August (BH)

6:15pm: Circuits - Tennis Court  
6:15pm: Body Balance - Function Room

#### Tuesday 30<sup>th</sup> August

9:30am: Core Crunch - Tennis Court  
10:00am: Kettlebell Blast - Tennis Court  
12:30pm: Silver Circuits - Function Room  
6:30pm: Ab Attack - Tennis Court  
7:00pm: Kettlebell Blast - Tennis Court  
7:30pm: Ab Attack - Tennis Court  
8:00pm: LBT - Tennis Court

#### Wednesday 31<sup>st</sup> August

9:30am: Body Conditioning - Function Room  
10:30am: Aerobics - Function Room  
7:15pm: Bootcamp - Woodford Park Hill  
8:00pm: Body Balance - Tennis Court

*Please note that this temporary timetable has been put in place throughout August 2022 whilst we undergo major electrical works throughout Woodford Park Leisure Centre.*

*For more information concerning these works please get in touch using the adjacent contact information or visit our website and Facebook page. Thank you in advance for your patience throughout this disruptive period.*

### Booking Information:

- Bookings for all sessions open from the day before at 10am.
- The number of people that can attend each session is limited.
- Phone lines for bookings throughout August are open:  
**10am - 4pm (Mon - Fri) and 10am - 1pm (Sat - Sun).**
- These times are temporary whilst our office staff work offsite throughout August. If you have any concerns relating to booking between these times please do get in touch.

**E: [sports@woodley.gov.uk](mailto:sports@woodley.gov.uk) T: 0118 9216969**

**W: [www.woodley.gov.uk](http://www.woodley.gov.uk) F: WoodfordParkLC**