

Woodbank Sports Centre

Exercises Class Timetable 2025



MONDAY	6.30 - 7.00 Abs Blast	9.15 - 10.00 Kettlebell and TRX	10.15 - 11.00 Spin		17.15 - 18.00 Spin
TUESDAY	6.30 - 7.00 Group PT	9.30 - 10.15 Zumba	10.30 - 11.00 Legs, Bums and Tums (Mat Style)		17.15 - 18.00 Bootcamp
WEDNESDAY	6.30 - 7.00 Bootcamp	9.15 - 10.00 Circuits	10.15 - 11.00 Zumba		17.15 - 18.00 Woodbank Pump
THURSDAY	6.30 - 7.00 Group PT	9.15 - 10.00 Spin	10.30 - 11.00 Woodbank Pump		17.15 - 18.00 HYROX
FRIDAY	6.30 - 7.00 Body Conditioning	9.15 - 10.00 LIIT (low impact)	10.15 - 11.00 Step		17.15 - 18.00 HYROX Condition Class
SATURDAY		9.15 - 10.00 Body Conditioning			
SUNDAY		9.15 - 10.00 Spin & Abs			

HOW TO BOOK ONLINE

1. Go to - <https://shell.legendonlineservices.co.uk/woodbank/account/login> or scan the 'QR Code'.
2. Enter your account details.
3. If you don't have an account please contact Woodbank Sports Centre.
4. Go to the 'Class Timetable' tab.
5. Select the class you want to book in for.
6. Follow instructions on screen for payment or if you have pre-paid for a block select 'Use Voucher'.



CLASSES ARE £4 PER CLASS OR £30 FOR A BLOCK OF 10

Class blocks are only available to purchase at Woodbank Sports Centre and not available online

If you require any further information please see an instructor or email Fitness-Woodbank@shell.com or call on 01224 88 4771