

# exercise class programme

## Woking Sportsbox

Accurate as of 29/04/2024

### Times for Wednesday 22 September



Time	Session	Facility	Level
9:30 am - 10:15 am	Body Pump	studio 1	all levels
6:00 pm - 7:00 pm	Pilates	studio 2	intermediate
7:00 pm - 7:45 pm	Body Attack	studio 1	all levels