

# exercise class programme

## Woking Sportsbox

Accurate as of 28/04/2024

### Times for Thursday 23 September



Time	Session	Facility	Level
10:30 am - 11:15 am	Legs, Bums & Tums	studio 2	all levels
7:00 pm - 8:00 pm	Kettlercise	studio 2	intermediate / advanced