


exercise class programme

Woking Sportsbox

Accurate as of 09/05/2024

| Times for Wednesday 17 August | | | |  |
|-------------------------------|-------------|----------|--------------|---|
| 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 | |