

exercise class programme

Woking Sportsbox

Accurate as of 17/05/2024

Times for Monday 15 April



| Time | Session | Facility | Level |
|--------------------|------------------------|----------|------------|
| 9:30 am - 10:30 am | Pilates | studio 1 | all levels |
| 6:00 pm - 7:00 pm | Body Balance | studio 2 | all levels |
| 6:10 pm - 6:55 pm | Dance Fitness | studio 1 | all levels |
| 7:30 pm - 8:15 pm | Freedom Indoor Cycling | studio 1 | |