

# exercise class programme

## Woking Sportsbox

Accurate as of 17/05/2024

### Times for Thursday 18 April



Time	Session	Facility	Level
10:30 am - 11:15 am	Legs, Bums & Tums	studio 2	all levels
6:30 pm - 7:15 pm	Body Pump	studio 1	
7:00 pm - 8:00 pm	Kettlercise	studio 2	intermediate / advanced