

# exercise class programme

## Woking Sportsbox

Accurate as of 03/05/2024

### Times for Monday 22 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	