

exercise class programme

Woking Sportsbox

Accurate as of 19/09/2026

Times for Saturday 19 September



Time	Session	Facility	Level
9:00 am - 9:45 am	Les Mills BODYATTACK™	Studio 2	all levels
9:15 am - 10:00 am	Ballet Fitness	Studio 1	all levels
10:00 am - 11:00 am	Body Balance	Studio 2	all levels
10:15 am - 11:15 am	Zumba	Studio 1	all levels