

exercise class programme

Woking Sportsbox

Accurate as of 19/09/2026

Times for Monday 21 September



Time	Session	Facility	Level
9:30 am - 10:30 am	Pilates	Studio 2	all levels
10:30 am - 11:30 am	Pilates	Studio 2	
6:00 pm - 7:00 pm	Les Mills BODYBALANCE™	Studio 2	all levels
6:10 pm - 6:55 pm	Dance Fitness	Studio 1	all levels