

exercise class programme

Woking Sportsbox

Accurate as of 19/09/2026

Times for Tuesday 22 September				
Time	Session	Facility	Level	
9:30 am - 10:30 am	Yoga	Studio 2		
6:00 pm - 7:00 pm	Yoga	Studio 2	all levels	
7:00 pm - 7:45 pm	Les Mills BODYPUMP™	Studio 1	all levels	