

exercise class programme

Woking Sportsbox

Accurate as of 19/09/2026

Times for Wednesday 23 September



Time	Session	Facility	Level
9:30 am - 10:15 am	Les Mills BODYPUMP™	Studio 1	all levels
6:00 pm - 7:00 pm	Pilates	Studio 2	intermediate
7:00 pm - 7:45 pm	Les Mills BODYATTACK™	Studio 1	all levels