

exercise class programme

Woking Sportsbox

Accurate as of 19/09/2026

Times for Friday 25 September			
Time	Session	Facility	Level
9:30 am - 10:15 am	Les Mills BODYPUMP™	Studio 1	
10:30 am - 11:30 am	Yoga	Studio 2	all levels
6:15 pm - 7:00 pm	Zumba	Studio 2	