

exercise class programme

Woking Sportsbox

Accurate as of 24/09/2026

Times for Monday 28 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	