

exercise class programme

Woking Sportsbox

Accurate as of 25/09/2026

Times for Thursday 1 October



Time	Session	Facility	Level
9:30 am - 10:15 am	Les Mills STRENGTH DEVELOPMENT	Studio 1	
10:30 am - 11:15 am	Legs, Bums & Tums	Studio 2	all levels
6:00 pm - 7:00 pm	Yoga	Studio 2	
6:30 pm - 7:15 pm	Les Mills BODYPUMP™	Studio 1	
7:00 pm - 7:45 pm	Kettlercise	Studio 2	intermediate / advanced