

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 03/05/2024

Times for Monday 19 October



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|-----------------------|------------|------------|
| 9:15 am - 10:00 am | Freedom Indoor Cycling | indoor cycling studio | | all levels |
| 9:30 am - 10:30 am | Body Balance | studio 1 | | all levels |
| 10:30 am - 11:30 am | Legs, Bums & Tums | studio 1 | | all levels |
| 6:00 pm - 7:00 pm | Ab Attack | studio 1 | | all levels |
| 6:30 pm - 7:15 pm | Freedom Indoor Cycling | indoor cycling studio | | all levels |
| 7:00 pm - 8:00 pm | Body Pump | studio 2 | | all levels |