

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 17/05/2024

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