

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 17/05/2024

Times for Wednesday 21 October				
Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Legs, Bums & Tums	studio 1		all levels
10:00 am - 11:00 am	Zumba	main hall		all levels
10:30 am - 11:30 am	Yoga	studio 1		all levels
6:15 pm - 7:00 pm	Body Pump	studio 2		all levels