

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 17/05/2024

Times for Friday 23 October				
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycling studio		all levels
9:30 am - 10:15 am	Swing Train	studio 2		all levels
10:30 am - 11:30 am	Body Balance	studio 1		all levels
5:30 pm - 6:15 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
6:30 pm - 7:30 pm	Body Pump	studio 2		all levels