

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 17/05/2025

### Times for Saturday 24 October



Time	Session	Facility	Instructor	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:15 am - 11:00 am	Body Pump	studio 2		all levels
10:15 am - 11:15 am	Yoga	studio 1		all levels