

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 23/04/2024

### Times for Sunday 25 October



Time	Session	Facility	Instructor	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:30 am - 11:30 am	Body Balance	studio 1		all levels
10:45 am - 11:45 am	Total Body Conditioning	studio 2		all levels