

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 26/04/2024

### Times for Thursday 29 October



Time	Session	Facility	Instructor	Level
9:00 am - 9:45 am	Aqua Rehab	leisure lagoon		all levels
10:45 am - 11:30 am	Body Pump	studio 2		all levels
2:00 pm - 3:00 pm	Pilates	studio 3		intermediate / advanced
6:00 pm - 7:00 pm	Freedom Circuits	main hall		intermediate / advanced
6:15 pm - 7:15 pm	Body Balance	studio 1		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
6:30 pm - 7:30 pm	Ab Attack	studio 2		all levels
7:30 pm - 8:30 pm	Zumba	studio 1		all levels