


# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 15/05/2024

Times for Sunday 1 November					
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	