

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 01/05/2024

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