

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 29/04/2024

### Times for Monday 26 July



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	MyRide Virtual	indoor cycling studio		all levels
8:15 am - 9:00 am	MyRide Virtual	indoor cycling studio		all levels
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio		all levels
9:30 am - 10:25 am	Body Balance	studio 2		all levels
10:00 am - 11:00 am	Aqua Aerobics	competition pool (25.0m)		all levels
10:00 am - 11:00 am	Aqua Deep	competition pool (25.0m)		all levels
10:15 am - 11:00 am	Zumba	main hall		all levels
10:30 am - 11:30 am	Legs, Bums & Tums	studio 2		all levels
11:30 am - 12:15 pm	MyRide Virtual	indoor cycling studio		all levels
6:00 pm - 7:00 pm	Ab Attack	studio 1		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
7:00 pm - 8:00 pm	Yoga	studio 2		all levels
7:00 pm - 8:00 pm	Aqua Power	leisure lagoon		all levels
7:05 pm - 7:50 pm	Body Pump	studio 1		all levels
7:45 pm - 8:30 pm	MyRide Virtual	indoor cycling studio		all levels