

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 26/04/2024

Times for Sunday 1 August



Time	Session	Facility	Instructor	Level
7:30 am - 8:15 am	MyRide Virtual	indoor cycling studio		all levels
9:00 am - 9:45 am	Freedom Indoor Cycling	indoor cycling studio		all levels
9:30 am - 10:30 am	Body Balance	studio 2		all levels
10:00 am - 10:45 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:30 am - 11:15 am	MyRide Virtual	indoor cycling studio		all levels
10:45 am - 11:45 am	Total Body Conditioning	studio 1		all levels
12:00 pm - 12:45 pm	MyRide Virtual	indoor cycling studio		all levels