

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 25/04/2024

Times for Tuesday 3 August



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
8:15 am - 9:00 am	Aqua Aerobics	leisure lagoon		all levels
9:15 am - 10:15 am	Aerobics	studio 1		all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:00 am - 11:00 am	Yoga	studio 2		all levels
10:45 am - 11:45 am	Body Pump	studio 1		all levels
11:30 am - 12:15 pm	MyRide Virtual	indoor cycling studio		all levels
1:00 pm - 1:45 pm	Aqua Deep	competition pool (25.0m)		all levels
1:00 pm - 1:45 pm	Aqua Aerobics	competition pool (25.0m)		all levels
6:00 pm - 7:00 pm	Freedom Circuits	main hall		all levels
6:45 pm - 7:30 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
7:15 pm - 8:10 pm	Kettlebells	studio 2		intermediate
8:00 pm - 8:45 pm	MyRide Virtual	indoor cycling studio		all levels