

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 29/04/2024

Times for Thursday 5 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
9:00 am - 9:45 am	Aqua Rehab	leisure lagoon		all levels
9:30 am - 10:30 am	Aerobics	studio 1		all levels
10:00 am - 11:00 am	Pilates	studio 2		intermediate / advanced
10:45 am - 11:45 am	Body Pump	studio 1		all levels
11:30 am - 12:15 pm	Aqua Deep	competition pool (25.0m)		all levels
11:30 am - 12:15 pm	Aqua Aerobics	competition pool (25.0m)		all levels
11:30 am - 12:15 pm	MyRide Virtual	indoor cycling studio		all levels
6:00 pm - 7:00 pm	Freedom Circuits	main hall		intermediate / advanced
6:15 pm - 7:15 pm	Body Balance	studio 2		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
6:45 pm - 7:45 pm	Ab Attack	studio 1		all levels
7:30 pm - 8:30 pm	Zumba	studio 2		all levels
7:30 pm - 8:30 pm	Aqua Aerobics	leisure lagoon		all levels
7:45 pm - 8:30 pm	MyRide Virtual	indoor cycling studio		all levels