

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 28/04/2024

Times for Friday 6 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
9:30 am - 10:25 am	Swing Train	studio 2		all levels
9:45 am - 10:30 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:30 am - 11:30 am	Body Balance	studio 2		all levels
11:30 am - 12:15 pm	MyRide Virtual	indoor cycling studio		all levels
6:00 pm - 6:45 pm	Body Pump	studio 1		all levels
6:15 pm - 7:00 pm	Zumba	studio 2		all levels
6:20 pm - 7:05 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
7:45 pm - 8:30 pm	MyRide Virtual	indoor cycling studio		all levels