

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 28/04/2024

Times for Saturday 7 August



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