

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 25/04/2024

### Times for Saturday 20 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
10:00 am - 11:00 am	Yoga	studio 1		all levels
10:15 am - 11:00 am	Body Pump	studio 2		all levels
12:00 pm - 12:45 pm	MyRide Virtual	indoor cycling studio		all levels
1:30 pm - 2:15 pm	MyRide Virtual	indoor cycling studio		all levels
3:30 pm - 4:15 pm	MyRide Virtual	indoor cycling studio		all levels
5:00 pm - 5:45 pm	MyRide Virtual	indoor cycling studio		all levels