

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 30/04/2024

### Times for Sunday 28 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
9:30 am - 10:30 am	Body Combat	studio 2		all levels
10:30 am - 11:15 am	MyRide Virtual	indoor cycling studio		all levels
10:30 am - 11:30 am	Body Balance	studio 1		all levels
10:45 am - 11:45 am	Total Body Conditioning	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