

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 04/05/2024

Times for Monday 22 April



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
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio		all levels
9:30 am - 10:30 am	Body Balance	studio 1		all levels
10:30 am - 11:30 am	Legs, Bums & Tums	studio 1		all levels
11:30 am - 12:15 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
6:00 pm - 6:30 pm	Les Mills GRIT™	studio 2		all levels
6:00 pm - 7:00 pm	Ab Attack	studio 1		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
7:00 pm - 8:00 pm	Body Pump	studio 2		all levels
7:30 pm - 8:15 pm	Les Mills SHAPES	studio 1		all levels
7:45 pm - 8:30 pm	MyRide Virtual	indoor cycling studio		all levels