

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 03/05/2024

Times for Tuesday 23 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
9:20 am - 10:25 am	Aerobics	studio 2		all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:00 am - 11:00 am	Yoga	studio 1		all levels
10:30 am - 11:15 am	Body Pump	studio 2		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 - 7:00 pm	Freedom Circuits	main hall		all levels
6:00 pm - 7:00 pm	Swing Train	studio 1		all levels
6:20 pm - 7:05 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
6:30 pm - 7:15 pm	Les Mills STRENGTH DEVELOPMENT	studio 2		all levels
7:00 pm - 8:00 pm	Pilates	studio 3		intermediate
7:20 pm - 8:05 pm	Kettlecise®	studio 2		intermediate
8:00 pm - 8:45 pm	MyRide Virtual	indoor cycling studio		all levels