

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 01/06/2024

Times for Saturday 4 May



| 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 |