

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 09/06/2026

Times for Wednesday 10 June



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|------------------|------------|------------|
| 7:00 am - 7:45 am | MyRide Virtual | Cycle Studio | | all levels |
| 8:15 am - 9:00 am | MyRide Virtual | Cycle Studio | | all levels |
| 9:30 am - 10:15 am | Freedom Indoor Cycling | Cycle Studio | | all levels |
| 9:30 am - 10:30 am | Legs, Bums & Tums | Studio 2 | | all levels |
| 10:00 am - 11:00 am | Zumba | Sports Hall | | all levels |
| 10:30 am - 11:30 am | Yoga | Studio 2 | | all levels |
| 11:30 am - 12:15 pm | MyRide Virtual | Cycle Studio | | all levels |
| 11:30 am - 12:15 pm | Aqua Aerobics | Leisure Lagoon | | all levels |
| 1:30 pm - 2:15 pm | MyRide Virtual | Cycle Studio | | all levels |
| 3:30 pm - 4:15 pm | MyRide Virtual | Cycle Studio | | all levels |
| 6:15 pm - 7:00 pm | Body Pump | Studio 2 | | all levels |
| 6:30 pm - 7:15 pm | Les Mills SHAPES | Studio 1 | | all levels |
| 7:15 pm - 8:15 pm | Body Combat | Studio 2 | | all levels |
| 7:15 pm - 8:15 pm | Yoga | Studio 3 | | all levels |
| 7:45 pm - 8:30 pm | MyRide Virtual | Cycle Studio | | all levels |
| 7:50 pm - 8:35 pm | Aqua Aerobics | Competition Pool | | all levels |