

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 16/09/2026

Times for Wednesday 16 September



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