

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 16/09/2026

Times for Thursday 17 September



Time	Session	Facility	Instructor	Level
6:30 am - 7:15 am	Freedom Indoor Cycling	Cycle Studio		all levels
8:15 am - 9:00 am	MyRide Virtual	Cycle Studio		all levels
8:15 am - 9:00 am	Aqua Aerobics	Leisure Lagoon		all levels
10:00 am - 11:00 am	Aerobics	Studio 1		all levels
10:45 am - 11:30 am	Body Pump	Studio 2		all levels
11:30 am - 12:15 pm	MyRide Virtual	Cycle Studio		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
6:00 pm - 7:00 pm	Freedom Circuits	Sports Hall		all levels
6:15 pm - 7:15 pm	Body Balance	Studio 2		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycle Studio		all levels
7:30 pm - 8:30 pm	Zumba	Studio 1		all levels
7:45 pm - 8:30 pm	MyRide Virtual	Cycle Studio		all levels