

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 16/09/2026

Times for Friday 18 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
8:15 am - 9:00 am	Aqua Aerobics	Leisure Lagoon		all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Cycle Studio		all levels
9:30 am - 10:15 am	Swing Train	Studio 2		all levels
9:30 am - 10:15 am	Les Mills SHAPES	Studio 1		all levels
10:30 am - 11:30 am	Body Balance	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
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio		all levels
6:00 pm - 6:45 pm	Body Pump	Studio 2		all levels
7:45 pm - 8:30 pm	MyRide Virtual	Cycle Studio		all levels