

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 16/09/2026

Times for Sunday 20 September



Time	Session	Facility	Instructor	Level
7:30 am - 8:15 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	Body Combat	Studio 2		all levels
10:30 am - 11:15 am	MyRide Virtual	Cycle Studio		all levels
10:30 am - 11:30 am	Pilates	Studio 1		all levels
10:45 am - 11:45 am	Total Body Conditioning	Studio 2		all levels
12:00 pm - 12:45 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