

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 16/09/2026

Times for Monday 21 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
9:15 am - 10:00 am	Freedom Indoor Cycling	Cycle Studio		all levels
9:30 am - 10:30 am	Les Mills BODYBALANCE™	Studio 2		all levels
10:00 am - 10:45 am	Aqua Aerobics	Competition Pool		all levels
10:30 am - 11:30 am	Legs, Bums & Tums	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
2:00 pm - 2:45 pm	Aqua Aerobics	Leisure Lagoon		all levels
3:30 pm - 4:15 pm	MyRide Virtual	Cycle Studio		all levels
6:00 pm - 6:30 pm	Les Mills GRIT™	Studio 2		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycle Studio		all levels
7:05 pm - 8:05 pm	Body Pump	Studio 2		all levels
7:45 pm - 8:30 pm	MyRide Virtual	Cycle Studio		all levels