

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 16/09/2026

Times for Tuesday 22 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
9:25 am - 10:25 am	Aerobics	Studio 2		all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Cycle Studio		all levels
10:00 am - 11:00 am	Yoga	Studio 1		all levels
10:30 am - 11:15 am	Body Pump	Studio 2		all levels
11:15 am - 12:00 pm	Aqua Aerobics	Leisure Lagoon		all levels
11:30 am - 12:15 pm	MyRide Virtual	Cycle Studio		all levels
12:30 pm - 1:00 pm	Swimfit	Competition Pool		all levels
1:30 pm - 2:15 pm	MyRide Virtual	Cycle Studio		all levels
3:00 pm - 3:45 pm	Aqua Aerobics	Competition Pool		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
6:00 pm - 7:00 pm	Swing Train	Studio 1		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycle Studio		all levels
6:30 pm - 7:15 pm	Les Mills STRENGTH DEVELOPMENT	Studio 2		all levels
7:00 pm - 8:00 pm	Pilates	Studio 1		all levels
7:25 pm - 8:10 pm	Kettlercise®	Studio 2		all levels
7:45 pm - 8:30 pm	MyRide Virtual	Cycle Studio		all levels