

exercise class programme

Woking Sportsbox

Accurate as of 20/04/2024

Times for Tuesday 8 October



| Time | Session | Facility | Level |
|-------------------|-----------|----------|------------|
| 6:00 pm - 7:00 pm | Yoga | studio 2 | all levels |
| 7:00 pm - 7:45 pm | Body Pump | studio 1 | all levels |