


exercise class programme

Woking Sportsbox

Accurate as of 19/05/2024

Times for Monday 29 April				
Time	Session	Facility	Level	
9:30 am - 10:30 am	Pilates	studio 1	all levels	
6:00 pm - 7:00 pm	Body Balance	studio 2	all levels	
6:10 pm - 6:55 pm	Dance Fitness	studio 1	all levels	
7:30 pm - 8:15 pm	Freedom Indoor Cycling	studio 1		