

# exercise class programme

## Woking Sportsbox

Accurate as of 19/05/2024

Times for Wednesday 1 May			
Time	Session	Facility	Level
9:30 am - 10:15 am	Body Pump	studio 1	all levels
10:30 am - 11:30 am	Body Balance	studio 2	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio 1	
6:00 pm - 7:00 pm	Pilates	studio 2	intermediate
7:00 pm - 7:45 pm	Body Attack	studio 1	all levels