

exercise class programme

Woking Sportsbox

Accurate as of 19/05/2024

Times for Thursday 2 May



| Time | Session | Facility | Level |
|---------------------|-------------------|----------|-------------------------|
| 10:30 am - 11:15 am | Legs, Bums & Tums | studio 2 | all levels |
| 6:30 pm - 7:15 pm | Body Pump | studio 1 | |
| 7:00 pm - 8:00 pm | Kettlercise | studio 2 | intermediate / advanced |