## **exercise class programme**Woking Sportsbox

## Accurate as of 19/05/2024

| Times for Friday 3 May |           |          |            | <b>©</b> |
|------------------------|-----------|----------|------------|----------|
| Time                   | Session   | Facility | Level      |          |
| 9:30 am - 10:15 am     | Body Pump | studio 1 |            |          |
| 10:30 am - 11:30 am    | Yoga      | studio 2 | all levels |          |