


# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 14/05/2024

Times for Tuesday 11 August					
Time	Session	Facility	Instructor	Level	
9:20 am - 10:25 am	Aerobics	studio 2		all levels	
10:30 am - 11:15 am	Body Pump	studio 2		all levels	
6:00 pm - 7:00 pm	Freedom Circuits	main hall		all levels	
6:20 pm - 7:05 pm	Freedom Indoor Cycling	indoor cycling studio		all levels	
7:20 pm - 8:05 pm	Kettlercise®	studio 2		intermediate	