

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 15/05/2024

| Times for Wednesday 12 August | | | | |
|-------------------------------|-------------------|-----------|------------|------------|
| Time | Session | Facility | Instructor | Level |
| 9:30 am - 10:30 am | Legs, Bums & Tums | studio 1 | | all levels |
| 10:00 am - 11:00 am | Zumba | main hall | | all levels |
| 6:15 pm - 7:00 pm | Body Pump | studio 2 | | all levels |