

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 29/04/2024

Times for Saturday 15 August



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|-----------------------|------------|------------|
| 9:00 am - 9:45 am | Freedom Indoor Cycling | indoor cycling studio | | all levels |
| 10:00 am - 11:00 am | Yoga | studio 1 | | all levels |
| 10:15 am - 11:00 am | Body Pump | studio 2 | | all levels |