

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 05/05/2024

Times for Sunday 16 August				
Time	Session	Facility	Instructor	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	indoor cycling studio		all levels
10:45 am - 11:45 am	Total Body Conditioning	studio 2		all levels