

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 26/04/2024

### 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