exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 12/10/2024

Times for Tuesday 18 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