

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 06/05/2024

Times for Thursday 20 August				
Time	Session	Facility	Instructor	Level
10:45 am - 11:30 am	Body Pump	studio 2		all levels
2:00 pm - 3:00 pm	Pilates	studio 3		intermediate / advanced
6:00 pm - 7:00 pm	Freedom Circuits	main hall		intermediate / advanced
6:15 pm - 7:15 pm	Body Balance	studio 1		all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	indoor cycling studio		all levels
7:30 pm - 8:30 pm	Zumba	studio 1		all levels