

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 19/05/2024

Times for Saturday 22 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