

# exercise class programme

## Woking Leisure Centre / Pool In The Park

Accurate as of 08/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	MyRide Virtual	indoor cycling studio		all levels
8:15 am - 9:00 am	MyRide Virtual	indoor cycling studio		all levels
9:30 am - 10:30 am	Legs, Bums & Tums	studio 1		all levels
10:00 am - 11:00 am	Zumba	main hall		all levels
10:30 am - 11:30 am	Yoga	studio 1		all levels
11:30 am - 12:15 pm	MyRide Virtual	indoor cycling studio		all levels
1:30 pm - 2:15 pm	MyRide Virtual	indoor cycling studio		all levels
3:30 pm - 4:15 pm	MyRide Virtual	indoor cycling studio		all levels
5:00 pm - 5:45 pm	MyRide Virtual	indoor cycling studio		all levels
6:00 pm - 7:00 pm	Yoga	studio 3		all levels
6:15 pm - 7:00 pm	Body Pump	studio 2		all levels
7:15 pm - 8:00 pm	Les Mills SHAPES	studio 1		all levels
7:15 pm - 8:15 pm	Body Combat	studio 2		all levels
7:45 pm - 8:30 pm	MyRide Virtual	indoor cycling studio		all levels