

exercise class programme

Woking Leisure Centre / Pool In The Park

Accurate as of 08/05/2024

Times for Thursday 2 May



Time	Session	Facility	Instructor	Level
6:30 am - 7:15 am	Freedom Indoor Cycling	indoor cycling studio		all levels
8:15 am - 9:00 am	MyRide Virtual	indoor cycling studio		all levels
9:15 am - 10:00 am	Les Mills STRENGTH DEVELOPMENT	studio 2		all levels
10:00 am - 11:00 am	Aerobics	studio 1		all levels
10:45 am - 11:30 am	Body Pump	studio 2		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
2:00 pm - 3:00 pm	Pilates	studio 3		intermediate / advanced
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	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
6:30 pm - 7:30 pm	Ab Attack	studio 2		all levels

Time	Session	Facility	Instructor	Level
7:30 pm - 8:30 pm	Zumba	studio 1		all levels
7:45 pm - 8:30 pm	MyRide Virtual	indoor cycling studio		all levels