

MONDAY

9:30 am - 10:15 am
body balance
main hall all levels

9:45 am - 10:30 am
freedom indoor cycling
IC studio all levels

10:15am - 11:00 am
zumba
main hall all levels
from 31st August

10.30 am – 11.15am
legs, bums and tums
studio 2 all levels

6:15 pm - 6:45 pm
metafit
studio 2 all levels

6:00 pm - 6:45 pm
ab attack
studio 1 all levels

6:30 pm - 7:15 pm
freedom indoor cycling
IC studio all levels

7:00 pm - 8:00 pm
yoga **
studio 2 all levels

7:15 pm - 8:00 pm
body pump
studio 1 all levels

TUESDAY

9:30 am - 10:15 am
freedom indoor cycling
IC studio all levels

10:00 am** - 11:00 am
yoga
studio 2 all levels

10:45 am - 11:30 am
body pump
studio 1 all levels

6:00 pm – 6:45 pm
freedom circuits
main hall all levels

6:15 pm - 7:00 pm
body balance
studio 2 all levels
from 8th September

6:45 pm - 7:30 pm
freedom indoor cycling
IC studio all levels

7:15 pm - 8:00 pm
kettlercise improvers**
studio 2 intermediate

WEDNESDAY

9:30 am - 10:15 am
legs, bums & tums
main hall all levels

10:15 am - 11:00 am
Zumba
main hall all levels

10:30 am** - 11:30 am
yoga
studio 2 all levels

6:00 pm - 7:00 pm
yoga**
studio 2 all levels

6:30pm - 7:15 pm
freedom indoor cycling
studio all levels

7:00 pm - 7:45 pm
body pump
studio 1 all levels

THURSDAY

9:30 am - 10:15 am
aerobics
studio 1 all levels
from 10th September

10:00 am - 11:00 am
pilates **
studio 2 intermediate

10:45 am - 11:30 am
body pump
studio 1 all levels

2.30-3.30pm
LBT/yoga combo
studio 2 all levels

6:00 pm - 6:45 pm
freedom circuits
main hall int / adv

6:15 pm - 7:00 pm
body balance
studio 2 all levels

6:30 pm - 7:15 pm
freedom indoor cycling
IC studio all levels

7:30 pm - 8:15 pm
zumba
studio 2 all levels

FRIDAY

9:30 am - 10:15 am
Swing Train
studio 2 all levels

9:45 am - 10:30 am
freedom indoor cycling
IC studio all levels

10:30 am - 11:15 am
body balance
main hall all levels

6:00 pm – 6:45 pm
body pump
studio 1 all levels

6:15pm - 7:00 pm
zumba
main hall all levels
from 28th August

6:20 pm - 7:05 pm
freedom indoor cycling
IC studio all levels

SATURDAY

8:30 am - 9:30 am
yoga** studio 2 all levels

9:00 am - 10:00 am
freedom step
studio 1 intermediate

9:15 am - 10:00 am
freedom indoor cycling
IC studio all levels

9:45 am - 10:45 am
yoga** studio 2 all levels

10:30 am - 11:15 am
body pump studio 1 all
levels

SUNDAY

9:00 am – 9:45 am
freedom indoor cycling
IC studio all levels
from 30th August

11:30 am - 12:15 pm
Total Body Conditioning
studio 1 / all levels

10:10 am - 10:55 am
freedom indoor cycling
IC studio all levels
from 30th August

11:15 am - 12:00 pm
body balance
studio 2 all levels

** Must attend
beginners/introductory courses
prior to attendance.

key to  strength / toning
 cardio / calorie burning
 water exercise
 mind body training

Woking Leisure Centre and Pool in the Park
exercise programme September 2020