

MONDAY

9:30 am - 10:25 am
body balance
studio 2 all levels

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

10:00 am - 11:00 am
aqua aerobics
competition pool (25.0m)
all levels

10:00 am - 11:00 am
zumba
main hall all levels

10.40 am - 11.25am
legs, bums and tums
studio 2 all levels

2:00 pm - 3:00 pm
aqua rehab
leisure lagoon
beginner/intermediate

3:00 pm - 3:30 pm
easyline gym 50+

6:00 pm - 7:00 pm
ab attack
studio 1 all levels

6:00 pm - 6.30 pm
Metafit
studio 2 all levels

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

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

7:00 pm - 8:15 pm
yoga **
studio 3 all levels

7:00 pm - 8:00 pm
aqua power
leisure lagoon
intermediate / advanced

7:20 pm - 8:05 pm
freedom indoor cycling
studio all levels

7:30 pm - 8:45 pm
pilates **
studio 2 intermediate

TUESDAY

6:20 am - 7:20 am
body pump
studio 1 all levels

9:30 am - 10:30 am
aerobics
studio 1 all levels

9:35 am - 10:25 am
freedom indoor cycling
IC studio all levels

10:00 am - 11:15 am
yoga
studio 2 all levels

10:40 am - 11:40 am
body pump
studio 1 all levels

10:45 am - 11:30 am
aqua aerobics
leisure lagoon all levels

11:30 am - 12:15 pm
aqua circuits
leisure lagoon all levels

3:00 pm - 3:30 pm
easyline
gym 50+

3:15 pm - 4:00 pm
aqua deep 50+
competition pool (25.0m)

5:30 pm - 6:15 pm
freedom indoor cycling
IC studio all levels

6:00 pm - 7:00 pm
total body conditioning
studio 1 intermediate

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

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

7:00 pm - 8:00 pm
fighting fit studio 1 all levels

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

7:00 pm - 8:00 pm
freedom circuits
main hall all levels

7:30 pm - 8:30 pm
zumba
Studio 3 all levels

7:30 pm - 8:15 pm
freedom indoor cycling
studio all levels

WEDNESDAY

6:20 am - 7:20 am
yoga** studio 2 all levels

9:30 am - 10:25 am
legs, bums & tums
studio 2 all levels

9:35 am - 10:25 am
kettlercise**
studio 1 intermediate

10:00 am - 10:30 am
easyline
gym beginner / intermediate

10:00 am - 11:00 am
zumba with Toning
main hall all levels

10:40 am - 11:25am
Watrtrate?
indoor cycling studio all levels

11:30 am - 12:30 pm
aqua aerobics
teaching pool all levels

6:00 pm - 6:30 pm
Metafit
Studio 2 all levels

6:00 pm - 7:15 pm
yoga** studio 3 all levels

6:30 pm - 7:30 pm
Swing Train
studio 1 all levels

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

7:00 pm - 7:40 pm
aqua natal
leisure lagoon pre-natal

7:00 pm - 8:00 pm
body combat
studio 2 all levels

7:00 pm - 8:00 pm
freedom runners
outdoors beginner

7:30 pm - 8:15 pm
freedom indoor cycling
studio all levels

7:45 pm - 8:45 pm
aqua deep
competition pool all levels

8:00 pm - 8.45pm
antenatal relaxation
pool meeting room all levels

8:00 pm - 9:00 pm
body pump
studio 1 all levels

THURSDAY

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

9.30 am - 10.30am
PiYo studio 1 all levels

9:40 am - 10:25 am
freedom indoor cycling
studio all levels

10:00 am - 11:15 am
pilates **
studio 3 intermediate

10:00 am - 11:00 am
aerobics studio 2 all levels

10:15 am - 10:45 am
easyline gym 50+

10:40 am - 11:40 am
body pump studio all levels

10:45 am - 11:30 am
aqua rehab
leisure lagoon all levels

11:30 am - 12:15 pm
aqua rehab circuits
leisure lagoon all levels

11:30 am - 12:15 pm
aqua deep
competition pool 50+

12:30 pm - 1:00 pm
swimfit
competition pool all levels

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

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

7:00 pm - 8:00 pm
ab attack studio 1 all levels

7:00 pm - 8:00 pm
freedom circuits
main hall int / adv

7:00 pm - 8:00 pm
swimfit competition pool
(25.0m) all levels

7:25 pm - 8:25 pm
kettlercise**
studio 2 intermediate

7:30 pm - 8:30 pm
zumba
wurlitzer room all levels

7:30 pm - 8:30 pm
aqua aerobics
teaching pool beginner

8:00 pm - 9:00 pm
freedom step
studio 1 all levels

FRIDAY

8:30 am - 9:15 am
aqua aerobics
leisure lagoon all levels

9:30 am - 10:30 am
swimfit
competition pool all levels

9:30 am - 10:25 am
Swing Train
studio 2 all levels

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

10:00 am - 10:30 am
easyline gym all levels

10:30 am - 11:25 am
body balance
studio 2 all levels

6:00 pm - 7:00 pm
body pump studio all levels

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

6:15 pm - 7:15 pm
zumba
wurlitzer room all levels

SATURDAY

8:15 am - 9:00 am
Watrtrate?
IC studio all levels

9:00 am - 10:15 am
freedom step
studio 1 intermediate

9:15am - 10:15am
kettlercise**
studio 3 intermediate

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

9:45 am - 11:00 am
yoga** studio 2 all levels

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

11:15 am - 12:30 pm
Acro yoga
studio 2 all levels

**4:00 pm - 5:00 pm aqua
deep**
competition pool all levels

4:00 pm - 5:00 pm swimfit
competition pool all levels

SUNDAY

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

9:45 am - 10:45 am
Body Combat
studio 2 all levels

10:00 am - 11:00 am
zumba wurlitzer room / all levels

10:20 am - 11:05 am
freedom indoor cycling
IC studio all levels

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

11:30 am - 12:30 pm
total body conditioning
studio 1 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 January 2019**