

Healthy Communities Woking

Sports – Community Wellbeing – Health Referral

MONDAY

Running Hour: 9 - 10am (Sportsbox)
Wellbeing Circuits (HRef): 11:45am - 12:45pm
 Walking Netball: 12:30 - 1:30pm
Pulmonary Rehab (HRef): 1 - 2pm
Pulmonary Rehab (HRef): 2 - 3pm
Walking Basketball: 7 - 8pm
 50+ Club: 2 - 5pm
Junior Basketball: 5pm - 7pm
 Pickleball: 8 - 9pm (Sportsbox)
No Strings Badminton: 7pm - 8pm (Sportsbox)
 Walking Football: 6:30pm - 7:30pm (Sportsbox)

TUESDAY

Running Hour: 9 - 10am (Sportsbox)
Walking Football: 10 - 11:30am
 50+ Club 2 - 5pm
Sing For Your Life (HRef): 1:30 - 2:30pm
No Strings Badminton: 12:30 - 1:30pm
 SwimFit Adults: 12:30 - 1pm (Pool in the Park)
Junior Netball: 6 - 7pm
 Linkable Boccia Club - 6 - 7pm
Women's Rec Football: 7 - 8pm
 Badminton Club: 8-10pm
Pickleball: 7:30 - 10pm (Eastwood)
 Women's Walking Football: 6:30pm - 7:30pm (Sportsbox)

WEDNESDAY

Running Hour: 9 - 10am (Sportsbox)
No Strings Badminton: 12:30 - 1:30pm
 Sport in Mind Badminton: 2-3pm
Back to Netball: 6-7pm
 Beginners Squash: 6-7pm
Squash Club: 7:15 - 9:15pm
 Children's Trampoline: Various Times
SEN Swim Session: 5-6pm (Eastwood)

THURSDAY

Running Hour: 9 - 10am (Sportsbox)
 50+ Club: 10am -12pm
Strength & Balance (HRef): 11:30 - 12:30am
Wellbeing Circuit (HRef): 11:45am - 12:45pm
SwimBuddies: 2-3pm (Pool in the Park)
 SwimFit Adults: 12:30-1:30pm (Pool in the Park)
Pickleball: 6 - 7pm (Sportsbox)
 Lifesaving Club: 7:30-9pm (Pool in the Park)
Basketball with Costas: 7-8pm
 SwimFit Junior: 7- 8pm (Pool in the Park)
SwimFit Adults: 7-8pm (Pool in the Park)

FRIDAY

Running Hour: 9 - 10am (Sportsbox)
 5k Plus Running Club: 10:00 - 11:00am (Sportsbox)
Couch to 5k: 11:00 - 12:00pm (Sportsbox)
 Health Walks on the Track: 11 - 12pm (Sportsbox)
Pickleball Coaching: 6 - 7pm (Sportsbox)
 Walking Cricket: 10:00 - 11:30am (October to April)
Walking Football 10:00 - 11:30am
 Children's Trampoline: 4-7pm
Adult Trampoline: 7-9pm
 FNP: 6 - 8pm (11-18 Year olds)

SATURDAY

Pickleball: 9-10am
 Walking Football: 10:30 - 12pm (Sportsbox)
Women's Walking Football: 10:30 - 12pm (Sportsbox)
 Woking Duathlon: 2-3pm (Sportsbox)
 (Last Saturday of each month @ Sportsbox for 8-14 Year Olds)

SUNDAY

Pickleball: 9-11am (Eastwood)

**ALL ACTIVITIES TAKE PLACE AT
 WOKING LEISURE CENTRE
 UNLESS STATED OTHERWISE**

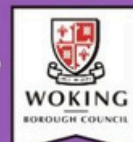
**SCAN THE QR CODE TO BOOK ON TO
 ANY OF THE SESSIONS & COURSES**



Autumn 2025



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Please speak to our Health Referral Team about our Health Referral classes

FOR ALL SESSION ENQUIRIES PLEASE EMAIL HCWOKING@FREEDOM-LEISURE.CO.UK