Healthy Communities Woking

Sports - Community Wellbeing - Health Referral

MONDAY

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
Racketball: 7:30 - 9pm
Pickleball: 8 - 9pm (Sportsbox)
No Strings Badminton: 7pm - 8pm (Sportsbox)
Walking Football: 6:30pm - 7:30pm (Sportsbox)

TUESDAY

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
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

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 Trampolining: Various Times
SEN Swim Session: 5-6pm (Eastwood)

THURSDAY

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

FRIDAY

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
Walking Football 10:00 - 11:30am
Racketball Coaching: 12 - 1:30pm
Children's Trampolining: 4-7pm
Adult Trampolining: 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)

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

BOOKING
Scan the QR code to book onto our courses and sessions.
bit.ly/WokingTickets

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

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WOKING BOROUGH COUNCIL