## group exercise programme Tandridge Leisure Centre

## Accurate as of 02/05/2024

Times for Friday 22 February			<b>(</b>
Time	Session	Facility	Level
9:30 am - 10:30 am	Legs, Bums & Tums	Studio 1	beginner
10:30 am - 11:30 am	Core Plus	Studio 1	beginner
11:30 am - 12:30 pm	Gentle Aerobics	Studio 1	beginner
12:30 pm - 1:30 pm	Paracise	Studio 1	beginner