

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 16/05/2024

### Times for Wednesday 17 April



| Time                | Session                 | Facility            | Level                   |
|---------------------|-------------------------|---------------------|-------------------------|
| 8:30 am - 9:15 am   | 50+ Aqua Aerobics       | Indoor Pool (25.0m) | beginner                |
| 9:00 am - 10:00 am  | Pilates                 | Studio 2            | intermediate / advanced |
| 9:15 am - 10:00 am  | 50+ Aqua Aerobics       | Indoor Pool (25.0m) | beginner                |
| 9:30 am - 10:30 am  | Metafit                 | Studio 1            | intermediate            |
| 10:00 am - 11:00 am | Pilates                 | Studio 2            | intermediate / advanced |
| 10:30 am - 11:30 am | Legs, Bums & Tums       | Studio 1            | intermediate / advanced |
| 11:30 am - 12:30 pm | Kettlebells             | Studio 1            | beginner / intermediate |
| 6:30 pm - 7:30 pm   | Total Body Conditioning | Studio 1            | beginner / intermediate |