

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 01/05/2024

Times for Thursday 18 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	Yoga	Studio 2	beginner
9:15 am - 10:00 am	50+ Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:30 am - 10:30 am	Insanity	Studio 1	intermediate / advanced
10:00 am - 11:00 am	Yoga	Studio 2	intermediate / advanced
10:30 am - 11:30 am	Strength & Conditioning	Studio 1	beginner
11:30 am - 12:30 pm	Stretch & Tone	Studio 1	beginner
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool (25.0m)	beginner
6:00 pm - 7:00 pm	Freedom Circuits	Studio 1	intermediate
7:00 pm - 8:00 pm	HIIT Conditioning	Studio 1	advanced
8:00 pm - 9:00 pm	Fit Steps	Studio 1	intermediate