


group exercise programme

Tandridge Leisure Centre

Accurate as of 12/05/2024

Times for Friday 16 August				
Time	Session	Facility	Level	
9:30 am - 10:30 am	Legs, Bums & Tums	Studio 1	beginner	
9:30 am - 10:30 am	Dance Fitness	Studio 2	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	