

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 29/04/2024

### 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