

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 03/05/2024

### Times for Monday 9 December



Time	Session	Facility	Level
8:30 am - 9:15 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:15 am - 10:00 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:30 am - 10:30 am	Total Body Conditioning	Studio 1	beginner / intermediate
10:00 am - 11:00 am	Pilates	Studio 2	beginner
10:30 am - 11:30 am	Strength & Conditioning	Studio 1	beginner
11:30 am - 12:30 pm	Gentle Aerobics	Studio 1	beginner
6:30 pm - 7:30 pm	Freedom Circuits	Studio 1	advanced
7:00 pm - 8:00 pm	Yoga	Studio 2	beginner
7:30 pm - 8:30 pm	POUND	Studio 1	intermediate
8:00 pm - 9:00 pm	Yoga	Studio 2	intermediate / advanced