

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 03/05/2024

### Times for Tuesday 10 December



| Time                | Session                 | Facility            | Level                   |
|---------------------|-------------------------|---------------------|-------------------------|
| 9:30 am - 10:30 am  | Strength & Conditioning | Studio 1            | beginner                |
| 10:30 am - 11:30 am | Dance Fitness           | Studio 1            | beginner                |
| 11:30 am - 12:30 pm | Freedom Pump            | Studio 1            | beginner                |
| 12:00 pm - 1:00 pm  | Aqua Aerobics           | Indoor Pool (25.0m) | beginner                |
| 5:00 pm - 6:00 pm   | Pilates                 | Studio 2            | beginner                |
| 6:00 pm - 7:00 pm   | Pilates                 | Studio 2            | beginner                |
| 6:00 pm - 7:00 pm   | 20,20,20                | Studio 1            | beginner / intermediate |
| 7:00 pm - 8:00 pm   | Insanity                | Studio 1            | intermediate            |