

group exercise programme

Tandridge Leisure Centre

Accurate as of 26/04/2024

Times for Monday 16 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 |
| 11:00 am - 12:00 pm | Pilates | Studio 2 | 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 |
| 8:00 pm - 9:00 pm | Yoga | Studio 2 | intermediate / advanced |