


group exercise programme

Tandridge Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 17 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	
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	
7:00 pm - 8:00 pm	Insanity	Studio 1	intermediate	