

group exercise programme

Tandridge Leisure Centre

Accurate as of 27/04/2024

Times for Wednesday 18 December



Time	Session	Facility	Level
8:30 am - 9:15 am	50+ Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:00 am - 10:00 am	Pilates	Studio 2	intermediate / advanced
9:15 am - 10:00 am	50+ Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:30 am - 10:30 am	Step Plus	Studio 1	intermediate / advanced
10:00 am - 11:00 am	Pilates	Studio 2	intermediate / advanced
10:30 am - 11:30 am	Freedom Pump	Studio 1	beginner / intermediate
11:30 am - 12:30 pm	Stretch & Tone	Studio 1	beginner
8:00 pm - 9:00 pm	Yoga	Studio 2	beginner