


# group exercise programme

## Tandridge Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 7 July				
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	