

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 05/05/2024

### Times for Wednesday 8 July



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	Metafit	Studio 1	intermediate
10:00 am - 11:00 am	Pilates	Studio 2	intermediate / advanced
10:30 am - 11:30 am	Legs, Bums & Tums	Studio 1	intermediate / advanced
11:30 am - 12:30 pm	Kettlebells	Studio 1	beginner / intermediate
1:30 pm - 2:30 pm	Paracise	Studio 2	beginner
2:30 pm - 3:30 pm	Zumba Gold	Studio 2	beginner / intermediate
6:00 pm - 6:30 pm	Ab Attack	Studio 1	beginner / intermediate
6:30 pm - 7:30 pm	Total Body Conditioning	Studio 1	beginner / intermediate
7:00 pm - 8:00 pm	Yoga	Studio 2	beginner / intermediate
7:00 pm - 8:00 pm	Yoga	Studio 2	beginner / intermediate
8:00 pm - 9:00 pm	Yoga	Studio 2	beginner / intermediate