

group exercise programme

Tandridge Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 1 May				
Time	Session	Facility	Level	
8:30 am - 9:15 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner	
9:00 am - 10:00 am	Pilates	Studio 1	beginner	
6:00 pm - 6:30 pm	Ab Attack	Studio 1	beginner	
6:30 pm - 7:30 pm	Total Body Conditioning	Studio 1	beginner / intermediate	
7:30 pm - 8:30 pm	Yoga	Studio 1	beginner	