

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 13/05/2024

### Times for Tuesday 16 August



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 / intermediate
6:00 pm - 7:00 pm	20,20,20	Studio 1	beginner / intermediate
7:00 pm - 8:00 pm	Pilates Fitness	Studio 1	beginner