group exercise programme
Tandridge Leisure Centre

Accurate as of 12/10/2024

Times for Monday 22 August

Time	Session	Facility	Level
8:30 am - 9:15 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:15 am - 10:00 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner / intermediate
10:30 am - 11:30 am	Stretch & Tone	Studio 1	beginner
11:30 am - 12:30 pm	Gentle Aerobics	Studio 1	beginner
7:00 pm - 8:00 pm	Yoga	Studio 1	beginner