


group exercise programme

Tandridge Leisure Centre

Accurate as of 10/04/2024

Times for Friday 29 March				
Time	Session	Facility	Level	
9:30 am - 10:30 am	Zumba	Studio 1	beginner	
10:30 am - 11:30 am	Gentle Aerobics	Studio 1	beginner	
11:30 am - 12:30 pm	Fitball	Studio 1	beginner / intermediate	