

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 15/05/2024

### Times for Friday 5 April



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