

group exercise programme

Tandridge Leisure Centre

Accurate as of 19/05/2026

Times for Monday 25 May



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
9:45 am - 10:30 am	Paracise	Studio 1	beginner
10:30 am - 11:30 am	Stretch & Tone	Studio 1	beginner
11:30 am - 12:30 pm	Gentle Aerobics	Studio 1	beginner
12:00 pm - 12:30 pm	Learn to Lift (Fast Class)	Gym	beginner / intermediate