

group exercise programme

Tandridge Leisure Centre

Accurate as of 17/08/2026

Times for Friday 21 August				
Time	Session	Facility	Level	
7:00 am - 7:45 am	HIIT Indoor Cycle	Gym	beginner / intermediate	
8:30 am - 9:30 am	Stretch & Tone	Studio 1	beginner	
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	
12:30 pm - 1:30 pm	Les Mills BODYBALANCE™	Studio 1	intermediate / advanced	
1:45 pm - 2:30 pm	Wobble	Studio 1	beginner	