

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 12/09/2026

### Times for Tuesday 8 September



| Time                | Session                        | Facility | Level                   |
|---------------------|--------------------------------|----------|-------------------------|
| 7:00 am - 7:45 am   | HIIT Indoor Cycle              | Studio 2 | beginner / intermediate |
| 9:00 am - 10:00 am  | Yoga                           | Studio 2 | beginner / intermediate |
| 9:30 am - 10:30 am  | Strength and Tone              | Studio 1 | beginner                |
| 10:00 am - 11:00 am | Yoga                           | Studio 2 | beginner / intermediate |
| 10:30 am - 11:30 am | FitSteps™                      | Studio 1 | beginner / intermediate |
| 11:30 am - 12:30 pm | Les Mills BODYBALANCE™         | Studio 1 |                         |
| 12:45 pm - 1:30 pm  | Wobble                         | Studio 1 | beginner                |
| 6:00 pm - 6:45 pm   | Freedom Indoor Cycling         | Studio 2 | beginner / intermediate |
| 6:00 pm - 7:00 pm   | HIIT, Strength & Core          | Studio 1 | beginner / intermediate |
| 7:00 pm - 8:00 pm   | Fitness Pilates                | Studio 1 | beginner                |
| 7:00 pm - 8:00 pm   | Les Mills STRENGTH DEVELOPMENT | Studio 2 | beginner / intermediate |