

# group exercise programme

## Tandridge Leisure Centre

Accurate as of 11/09/2026

### Times for Wednesday 16 September



| Time                | Session                 | Facility            | Level                   |
|---------------------|-------------------------|---------------------|-------------------------|
| 7:00 am - 7:45 am   | Freedom Bootcamp        | Studio 2            | beginner / intermediate |
| 8:30 am - 9:15 am   | Aqua Aerobics           | Indoor Pool (25.0m) | beginner                |
| 9:00 am - 10:00 am  | Pilates                 | Studio 1            | beginner                |
| 9:25 am - 10:10 am  | Les Mills SHAPES        | Studio 2            | beginner / intermediate |
| 10:20 am - 11:20 am | Les Mills BODYPUMP™     | Studio 1            |                         |
| 11:30 am - 12:15 pm | Parkinsons Box Fit      | Studio 1            | beginner                |
| 11:30 am - 12:30 pm | Les Mills Pilates™      | Studio 2            | beginner / intermediate |
| 12:30 pm - 1:15 pm  | Freedom Indoor Cycling  | Studio 2            | beginner / intermediate |
| 5:45 pm - 6:30 pm   | Freedom Indoor Cycling  | Studio 2            | beginner / intermediate |
| 6:00 pm - 6:30 pm   | Ab Attack               | Studio 1            | beginner                |
| 6:30 pm - 7:30 pm   | Total Body Conditioning | Studio 1            | beginner / intermediate |
| 6:45 pm - 7:45 pm   | Les Mills BODYCOMBAT™   | Studio 2            |                         |
| 7:30 pm - 8:30 pm   | Yoga                    | Studio 1            | beginner                |
| 8:00 pm - 8:30 pm   | Aqua HIIT (W)           | Indoor Pool (25.0m) | beginner / intermediate |