group exercise programme

Tandridge Leisure Centre

Accurate as of 15/11/2026

Times for Friday 13 November

Time	Session	Facility	Level
7:00 am - 7:45 am	HIIT Indoor Cycle	Studio 2	beginner / intermediate
9:30 am - 10:30 am	Zumba	Studio 1	beginner
9:30 am - 10:30 am	Stretch & Tone	Studio 2	beginner
10:30 am - 11:30 am	Gentle Aerobics	Studio 1	beginner
11:30 am - 12:30 pm	Fitball	Studio 1	beginner / intermediate
12:00 pm - 1:00 pm	Les Mills BODYBALANCE™	Studio 2	intermediate / advanced
12:45 pm - 1:30 pm	Wobble	Studio 1	beginner