group exercise programme

Tandridge Leisure Centre

Accurate as of 15/11/2026

Times for Saturday 14 November

Time	Session	Facility	Level
8:30 am - 9:30 am	Freedom Circuits	Studio 1	beginner / intermediate
9:30 am - 10:15 am	Freedom Indoor Cycling	Studio 2	beginner / intermediate
9:30 am - 10:30 am	Les Mills BODYPUMP™	Studio 1	
10:30 am - 11:30 am	Les Mills BODYCOMBAT™	Studio 2	
10:45 am - 11:45 am	Yoga	Studio 1	beginner