group exercise programme
Tandridge Leisure Centre

Accurate as of 15/11/2026

Times for Monday 16 November

Time	Session	Facility	Level
8:30 am - 9:15 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner
9:15 am - 10:00 am	Aqua Aerobics	Indoor Pool (25.0m)	beginner / intermediate
9:45 am - 10:30 am	Paracise	Studio 1	beginner
10:30 am - 11:30 am	Stretch & Tone	Studio 1	beginner
11:30 am - 12:30 pm	Gentle Aerobics	Studio 1	beginner
6:15 pm - 7:15 pm	Les Mills BODYCOMBAT™	Studio 1	
7:15 pm - 8:15 pm	Yoga	Studio 1	beginner
7:30 pm - 8:15 pm	Aqua Aerobics	Indoor Pool (25.0m)	beginner / intermediate