group exercise programme

Tandridge Leisure Centre

Accurate as of 15/11/2026

Times for Tuesday 17 November

Time	Session	Facility	Level
7:00 am - 7:45 am	HIIT Indoor Cycle	Studio 2	beginner / intermediate
9:30 am - 10:30 am	Strength and Tone	Studio 1	beginner
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