group exercise programme
Tandridge Leisure Centre

Accurate as of 15/11/2026

Times for Wednesday 18 November

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