group exercise programme
Tandridge Leisure Centre

Accurate as of 15/11/2026

Times for Thursday 19 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 / intermediate
9:30 am - 10:30 am	Yoga	Studio 1	beginner / intermediate
10:45 am - 11:30 am	Freedom Indoor Cycling	Studio 2	beginner / intermediate
10:45 am - 11:30 am	Parkinsons Box Fit	Studio 1	
11:45 am - 12:45 pm	Fitness Pilates	Studio 1	beginner / intermediate
6:00 pm - 6:30 pm	Ab Attack	Studio 1	beginner / intermediate
6:30 pm - 7:30 pm	Freedom Circuits	Studio 1	beginner / intermediate
6:45 pm - 7:45 pm	Les Mills STRENGTH DEVELOPMENT	Studio 2	intermediate / advanced
7:00 pm - 7:45 pm	Aqua Aerobics	Indoor Pool (25.0m)	beginner / intermediate