# group exercise programme

## Tandridge Leisure Centre

**Accurate as of 15/11/2026**

### Times for Friday 20 November

| Time | Session | Facility | Level |
|---|---|---|---|
| 7:00 am - 7:45 am | HIIT Indoor Cycle | Studio 2 | beginner / intermediate |
| 9:30 am - 10:30 am | Zumba | Studio 1 | beginner |
| 9:30 am - 10:30 am | Stretch & Tone | Studio 2 | beginner |
| 10:30 am - 11:30 am | Gentle Aerobics | Studio 1 | beginner |
| 11:30 am - 12:30 pm | Fitball | Studio 1 | beginner / intermediate |
| 12:00 pm - 1:00 pm | Les Mills BODYBALANCE™ | Studio 2 | intermediate / advanced |
| 12:45 pm - 1:30 pm | Wobble | Studio 1 | beginner |