

Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 29/04/2024

| Times for Friday 11 October | | | |
|-----------------------------|------------------------------|-----------|------------|
| Time | Session | Facility | Instructor |
| 7:30 am - 8:00 am | Circuit Training | Studio | Gym Staff |
| 9:00 am - 9:45 am | Latin Beats | Studio | Natalie |
| 9:30 am - 10:15 am | AquaFit - Shallow End | Main Pool | Angela |
| 9:45 am - 10:45 am | Yoga | Studio | Marta |
| 11:00 am - 12:00 pm | Keep Fit | Studio | Ann |
| 12:00 pm - 1:00 pm | Fitness Pilates | Studio | Sam B |
| 1:00 pm - 1:30 pm | Box Fit | Studio | Miki |
| 1:30 pm - 2:00 pm | Complete Conditioning | Studio | Miki |
| 4:45 pm - 5:30 pm | Junior Stretch & Flexibility | Studio | Jess |
| 5:30 pm - 6:15 pm | Junior Street Dance | Studio | Jess |
| 6:15 pm - 7:00 pm | Zumba® | Studio | Awa |
| 7:00 pm - 8:00 pm | Pole Dancing | Studio | Sharon A |
| 8:15 pm - 9:00 pm | Relax and Recharge | Studio | Sammi |