Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 15 October

Time	Session	Facility	Instructor
6:30 am - 7:00 am	HIIT	Studio	Abbie
7:00 am - 7:30 am	Weights Workout	Studio	Abbie
9:00 am - 9:45 am	Pilates	Studio	Meg
9:30 am - 10:30 am	Pilates	Studio	Meg
10:30 am - 11:15 am	Keep Fit	Studio	Josie
11:30 am - 12:15 pm	Pilates	Studio	Josie
12:30 pm - 1:15 pm	Circuit Training	Gym	Nicola
5:15 pm - 5:45 pm	Active 30 HIIT	Studio	Steffie
5:45 pm - 6:30 pm	Zumba®	Studio	Kirsten
6:30 pm - 7:30 pm	Kettlebell Circuits	Studio	Nicola
7:30 pm - 8:30 pm	BootCamp	Studio	Nicola