Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 12/10/2024

Times for Friday 18 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