

Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 06/05/2024

Times for Tuesday 25 February



| 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 |