

Primetime

Primetime

Accurate as of 05/05/2024

| Times for Friday 5 June | | | |
|-------------------------|---------------------------------------|------------------------------------|------------|
| Time | Session | Facility | Instructor |
| 9:30 am - 10:15 am | Aqua Fit | Pavilion | |
| 9:30 am - 10:30 am | Keep Fit | Pavilion | |
| 9:30 am - 10:30 am | Aqua Fit | West Wickham | |
| 9:30 am - 10:30 am | Aqua Fit | Biggin Hill Pool | |
| 9:35 am - 10:25 am | Aqua Fit | Spa | |
| 10:00 am - 1:00 pm | Badminton, table tennis, short tennis | Spa | |
| 10:30 am - 11:15 am | Prime Dance Fit | Farnborough Village Hall | |
| 10:30 am - 11:30 am | Line Dance Beg | Pavilion | |
| 10:30 am - 11:30 am | Keep Fit | Spa | |
| 11:00 am - 12:00 pm | Keep Fit | West Wickham | |
| 11:00 am - 12:00 pm | Senior Football | Walnuts | |
| 11:30 am - 12:15 pm | Stretch & Relax | Farnborough Village Hall | |
| 11:30 am - 12:30 pm | Prime Line Dance | Pavilion | |
| 11:45 am - 12:45 pm | Yoga | Walnuts | |
| 12:15 pm - 2:15 pm | Primetime Table Tennis | Pavilion | |
| 1:15 pm - 2:00 pm | Zumba® Gold | Walnuts | |
| 1:30 pm - 2:30 pm | Prime Get Fit | St Mark's Church Hall, Biggin Hill | |
| 2:00 pm - 2:45 pm | Prime Get Fit | St Francis of Assisi - Petts Wood | |
| 2:00 pm - 3:00 pm | Prime Line Dance | Walnuts | |
| 2:00 pm - 3:00 pm | Strength and Stability - Primetime | Crofton Hall, Orpington | |
| 2:15 pm - 3:00 pm | Conditioning | Pavilion | |

| Time | Session | Facility | Instructor |
|-------------------|----------------------|------------------------------------|------------|
| 2:30 pm - 3:20 pm | Strength & Stability | St Mark's Church Hall, Biggin Hill | |
| 2:30 pm - 3:30 pm | Seated Yoga | Pavilion | |
| 3:00 pm - 3:45 pm | Strength & Stability | St Francis of Assisi - Petts Wood | |
| 3:00 pm - 4:00 pm | Prime Tap Dance | Walnuts | |
| 3:00 pm - 4:00 pm | Prime Pilates | Pavilion | |