

Primetime

Primetime

Accurate as of 17/05/2025

Times for Monday 10 August



Time	Session	Facility	Instructor
9:00 am - 10:00 am	Aqua Fit	Biggin Hill Pool	
9:30 am - 10:15 am	Aqua Fit	Pavilion	
9:30 am - 10:30 am	Prime Pilates	Pavilion	
9:30 am - 10:30 am	Keep Fit	Beckenham Public Hall	
10:00 am - 11:00 am	Prime Get Fit Circuit	Blundells Squash Club - Biggin Hill	
10:00 am - 12:00 pm	Short Mat Bowls	Great Hall, Bromley	
10:30 am - 11:30 am	Aqua Fit	Walnuts	
10:45 am - 11:45 am	Strength and Stability - Primetime	Beckenham Public Hall	
11:00 am - 11:45 am	Prime Dance Fit	Blundells Squash Club - Biggin Hill	
11:15 am - 12:00 pm	Synergy	Spa	
11:30 am - 12:30 pm	Keep Fit	Pavilion	
11:45 am - 12:45 pm	Fitness Pilates	Blundells Squash Club - Biggin Hill	
12:30 pm - 1:15 pm	Zumba® Gold	Spa	
1:00 pm - 3:00 pm	Racket Sports	Walnuts	
1:15 pm - 2:15 pm	Keep Fit	Walnuts	
2:00 pm - 2:45 pm	Group Cycle	Spa	
2:00 pm - 3:00 pm	Line Dance Beg	West Wickham	
2:15 pm - 3:15 pm	Prime Tap	Walnuts	
3:00 pm - 4:00 pm	Prime Pilates	West Wickham	
3:15 pm - 4:15 pm	Prime Line Dance	Walnuts	
5:45 pm - 6:45 pm	Beginner Senior Circuits	Spa	