

# Primetime

## Primetime

Accurate as of 19/04/2024

### Times for Tuesday 11 August



Time	Session	Facility	Instructor
10:00 am - 10:45 am	Zumba® Gold	Keston Parish Church	
10:00 am - 11:00 am	Keep Fit	Crofton Hall, Orpington	
10:30 am - 11:30 am	Keep Fit	West Wickham	
11:00 am - 12:00 pm	Aqua Fit	Biggin Hill Pool	
11:00 am - 12:00 pm	Stretch & Strength	Keston Parish Church	
11:15 am - 12:15 pm	Strength and Stability - Primetime	Crofton Hall, Orpington	
11:30 am - 12:25 pm	Prime Dance Fit	Pavilion	
11:30 am - 12:30 pm	Prime Pilates	West Wickham	
11:45 am - 12:45 pm	Hula Hoop Fitness	Spa	
12:30 pm - 1:15 pm	Prime Get Fit	Pavilion	
12:30 pm - 1:15 pm	Zumba® Gold	Walnuts	
1:30 pm - 2:30 pm	Senior Circuits	Walnuts	
1:45 pm - 2:45 pm	Keep Fit	Spa	
1:45 pm - 3:45 pm	Sequence Dance	Crofton Hall, Orpington	
2:00 pm - 4:00 pm	Badminton- Primetime	Spa	
2:30 pm - 3:30 pm	Prime Pilates	Walnuts	
2:45 pm - 3:45 pm	Strength & Stability	Spa	
3:00 pm - 4:00 pm	Yoga	Spa	
4:00 pm - 6:00 pm	Walk Football	Spa	