

# Primetime

## Primetime

Accurate as of 27/04/2024

### Times for Thursday 13 August



Time	Session	Facility	Instructor
9:00 am - 10:00 am	Prime Pilates	Crofton Hall, Orpington	
10:00 am - 11:00 am	Keep Fit	Beckenham Public Hall	
10:00 am - 12:00 pm	Badminton/table tennis	Walnuts	
10:30 am - 11:15 am	Zumba® Gold	Pavilion	
10:30 am - 11:15 am	Group Cycle	Pavilion	
10:30 am - 11:30 am	Yoga	Walnuts	
10:35 am - 11:35 am	Prime Pilates	West Wickham	
11:00 am - 12:00 pm	Aqua Fit	Biggin Hill Pool	
11:30 am - 12:30 pm	Keep Fit	Walnuts	
11:30 am - 1:00 pm	Remember2Move	Crofton Hall, Orpington	
11:45 am - 12:45 pm	Senior Circuits	Spa	
12:00 pm - 12:45 pm	Zumba® Gold	West Wickham	
12:30 pm - 1:15 pm	FitSteps	Walnuts	
12:45 pm - 1:30 pm	Gym Circuit	Walnuts	
1:00 pm - 2:00 pm	Strength & Stability	West Wickham	
1:30 pm - 2:30 pm	Line Dance Beg	Blundells Squash Club - Biggin Hill	
3:30 pm - 4:30 pm	Strength & Stability Circuit	Spa	