

Primetime

Primetime

Accurate as of 01/05/2024

Times for Friday 14 August			
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	