Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 15/11/2026

Times for Sunday 15 November

Time	Session	Facility	Instructor
9:15 am - 10:00 am	My Attack	Studio	Sunita
10:15 am - 11:00 am	My Pump	Studio	Josie
11:00 am - 12:00 pm	Stretch & Core	Studio	Cathy
12:00 pm - 1:00 pm	Total Body	Studio	Cathy
1:00 pm - 2:00 pm	Pilates	Studio	Sam B