Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 15/11/2026

Times for Monday 16 November

Time	Session	Facility	Instructor
7:30 am - 8:30 am	Circuit Training	Studio	Nicola
9:15 am - 10:30 am	Yoga	Studio	Sammi
10:30 am - 11:30 am	Zumba®	Studio	Grayce
11:30 am - 12:15 pm	HIIT Extreme	Studio	Grayce
12:30 pm - 1:15 pm	Circuit Training	Gym	Nicola
1:00 pm - 1:45 pm	AquaFit - Shallow End	Main Pool	Cathy
2:00 pm - 3:00 pm	Prime Line Dance	Studio	Jacqui
3:00 pm - 4:00 pm	Pilates	Studio	Caroline
5:45 pm - 6:15 pm	Active 30	Gym	Steffie
6:30 pm - 7:30 pm	Pilates	Studio	Sabrina
7:30 pm - 8:15 pm	Step	Studio	Sam B
8:15 pm - 9:00 pm	Street dance fitness	Studio	Jess