Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 15/11/2026

Times for Wednesday 18 November

Time	Session	Facility	Instructor
8:30 am - 9:30 am	Swim Fitness	Main Pool	kirsty
9:00 am - 10:00 am	Beginners Exercise	Studio	Sandra
10:00 am - 11:00 am	My Pump	Studio	Josie
11:30 am - 1:00 pm	Beginners Circuit	Studio	Mark
5:15 pm - 5:45 pm	Junior Bootcamp	Studio	Nicola
5:45 pm - 6:15 pm	Kettlebells	Studio	Nicola
6:15 pm - 7:00 pm	Zumba®	Studio	Digna
7:00 pm - 8:00 pm	Circuit Training	Studio	Sharon A
8:00 pm - 9:00 pm	Kettlebells & Abs	Studio	Sharon A
9:00 pm - 9:45 pm	Fitness Pilates	Studio	Sam B