Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 15/11/2026

Times for Thursday 19 November

Time	Session	Facility	Instructor
6:30 am - 7:00 am	HIIT	Studio	Abbie
7:00 am - 7:30 am	Express Stretch	Studio	Abbie
9:00 am - 9:45 am	Zumba®	Studio	Grayce
9:30 am - 10:15 am	AquaFit - Shallow End	Main Pool	Cathy
9:45 am - 10:30 am	My Pump	Studio	Josie
10:35 am - 11:35 am	Pilates	Studio	Sabrina
11:45 am - 12:30 pm	Zumba® Gold	Studio	Ria M
12:00 pm - 12:45 pm	Legs, Bums & Tums	Studio	Sunita
1:30 pm - 2:30 pm	Pilates	Studio	Sabrina
6:30 pm - 7:30 pm	Yoga	Studio	Roy
7:30 pm - 8:30 pm	Pole Dancing	Studio	Aimee
8:35 pm - 9:35 pm	SOSA Dance	Studio	Jess