Group Exercise Timetable

West Wickham Leisure Centre

Accurate as of 15/11/2026

Times for Saturday 21 November

Time	Session	Facility	Instructor
8:00 am - 9:00 am	Pilates	Studio	Anne
9:00 am - 10:00 am	Zumba®	Studio	Awa
10:00 am - 11:00 am	Stretch & Tone	Studio	Steffie
11:00 am - 12:00 pm	HIIT Circuits	Studio	Steffie
12:00 pm - 1:00 pm	My Pump	Studio	Josie