

Primetime

Primetime

Accurate as of 13/09/2026

Times for Wednesday 16 September			
Time	Session	Facility	Instructor
9:30 am - 12:30 pm	Short & Table Tennis	Spa	
9:45 am - 10:30 am	Aqua Fit	Pavilion	
10:30 am - 11:30 am	Line Dance Beg	Spa	
10:30 am - 11:30 am	Aqua Fit	Walnuts	
10:45 am - 11:30 am	Senior Circuits	High Elms Golf Course	
11:00 am - 12:00 pm	Synergy	Spa	
11:00 am - 12:00 pm	Senior Football	Walnuts	
11:15 am - 12:00 pm	Zumba® Gold	Pavilion	
11:30 am - 12:15 pm	Strength and Stability - Primetime	High Elms Golf Course	
11:30 am - 12:30 pm	Line Dance	Spa	
11:30 am - 12:30 pm	Short & Table Tennis	Spa	
11:30 am - 1:00 pm	Senior Circuits	West Wickham	
12:00 pm - 12:45 pm	Prime Pilates	Spa	
12:00 pm - 1:00 pm	Aqua Fit	Biggin Hill Pool	
12:45 pm - 1:30 pm	Prime Pilates	Spa	
1:30 pm - 2:30 pm	Strength & Stability	Great Hall, Bromley	
2:00 pm - 3:00 pm	Salsa Exercise	Walnuts	
2:15 pm - 3:00 pm	Senior Circuits	Pavilion	
2:45 pm - 3:45 pm	Seated Yoga	Spa	
3:00 pm - 3:45 pm	Stretch & Relax	Pavilion	
3:00 pm - 4:00 pm	Prime Line Dance	Walnuts	