

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PAVILION BROMLEY					13.00 GROUP CYCLE 14.15 PILATES 15.15 TOTAL BODY
SPA BECKENHAM		13.00 PRIME CYCLE 14.00 PRIME KEEP FIT 15.00 STRENGTH & STABILITY			
BECKENHAM PUBLIC HALL	10.00 KEEP FIT 11.00 DANCE FIT 12.00 STRENGTH & STABILITY 13.00 LINE DANCE 14.00 PILATES			10.00 KEEP FIT 11.00 PILATES 12.00 PARACISE	
CROFTON HALLS ORPINGTON	10.00 PILATES 11.00 CIRCUIT 12.00 KEEP FIT 13.00 LINE DANCE 14.00 TAP	10.00 KEEP FIT 11.00 STRENGTH & STABILITY 12.00 ZUMBA GOLD 13.00 CIRCUIT 14.00 PILATES			10.00 YOGA 11.00 GET FIT 12.00 STRETCH & TONE 13.00 ZUMBA GOLD 14.00 PARACISE
GREAT HALL CIVIC CENTRE BROMLEY			10.00 PARACISE 11.00 KEEP FIT 12.00 DANCE FIT 13.00 STRENGTH & STABILITY 14.00 CIRCUIT 15.00 STRETCH & RELAX	10.30 LINE DANCE BEG 11.30 LINE DANCE IMP 12.30 DANCE FIT 13.30 STRENGTH & STABILITY	

For more information or assistance email: primetime@mytimeactive.co.uk

- **PLEASE ARRIVE 10 MINS BEFORE YOUR CLASS IS DUE TO START AND CLEAR AREA SWIFTLY AFTERWARDS**
- **PLEASE BRING WATER TO DRINK AND YOUR OWN MAT IF YOU NEED ONE FOR YOUR CLASS**
- ALL CLASSES ARE 45 MINS WITH 15 MINS BREAK
- ALL CLASSES TO BE PRE-BOOKED
- SOCIAL DISTANCING WILL APPLY
- PLEASE ARRIVE IN YOUR WORK OUT CLOTHES AS SHOWERS AND CHANGING ROOMS ARE UNAVAILABLE

Line Dance	A fun, popular dance experience learning new steps and routines to all styles of music. Great brain workout too!
Paracise	Low impact dance style exercise focussing on balance, mobility and strength to fabulous music which will lift your spirits.
Prime Circuits	A variety of exercises to build strength, stability, Flexibility and mobility. Some equipment may be used.
Prime Dancefit	Great footwork and full body movements for all dance enthusiasts. Variation of dance styles and routines.
Prime Get Fit or Keep Fit	Light and easy exercise Routines to music. A full workout. Some muscular strength & endurance work is included in this class.
Prime Group Cycle	Beginners/Primetime indoor group cycle class to improve cardio fitness as well as tone your body whilst having fun.
Prime Pilates	Concentration & the co-ordination of breath and movement resulting in a balanced body which is strong and supple
Prime Stretch & Relax	Classes include maintenance and development exercises to aid recovery, improve flexibility and prevent injury.
Prime Stretch & Tone	Designed to improve posture and core strength. Standing and floor work.
Total Body Workout	An Exercise class to tone and strengthen the whole body.
Prime Yoga	Relaxing and health enhancing movements co-ordinated to help focus mind and body.
Strength & Stability	Seated, supported or freestanding balance and strength exercise to help with activities of daily living
Tap Dancing	Beginners and improvers classes. Try it before you rush out and buy your shoes. A fun sociable class.
Zumba Gold	A lively dance class to different rhythms, not so many spins and jumps as regular Zumba but plenty of energy and enthusiasm

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