

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|---|
| SPA BECKENHAM | | 13.00 PRIME CYCLE 14.00 PRIME KEEP FIT 15.00 STRENGTH & STAB. | | | 11.45 BEG LINE DANCING NEW 12.45 IMP LINE DANCING NEW |
| BECKENHAM PUBLIC HALL | 10.00 KEEP FIT 11.00 DANCE FIT 12.00 STRENGTH & STAB. | | | 10.00 KEEP FIT 11.00 PILATES 12.00 PARACISE 13.00 YOGA NEW | |
| CROFTON HALLS ORPINGTON | 10.00 PILATES 11.00 LINE DANCE BEG NEW 12.00 KEEP FIT 13.00 FITSTEPS NEW 14.00 LINE DANCE NEW TIME 15.00 TAP NEW TIME | 10.00 KEEP FIT 11.00 STRENGTH & STAB. 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 & STAB. 14.00 CIRCUIT 15.00 STRETCH & RELAX | 10.30 LINE DANCE BEG 11.30 LINE DANCE IMP 12.30 DANCE FIT 13.30 STRENGTH & STAB | |
| WICKHAM HALLS Sussex Rd, W. Wickham | 12.30 DANCE FIT NEW 13.30 LINE DANCE NEW 14.30 PILATES NEW | | 11.00 KEEP FIT NEW 12.00 STRENGTH & STAB. NEW 13.00 PARACISE NEW | 12.30 KEEP FIT NEW 13.30 PILATES NEW 14.30 SOSA NEW CLASS | |
| BLUNDELLS Jail Lane, Biggin Hill | 10.00 SENIOR CIRCUITS NEW 11.00 PILATES NEW 12.00 DANCE FIT NEW | | 11.00 KEEP FIT NEW 12.00 PARACISE NEW 13.00 YOGA NEW | | |
| FARNBOROUGH VILLAGE HALL | | | | | 10.00 DANCE FIT NEW 11.00 STRENGTH & STAB. NEW |
| APPERFIELD HALL Lebanon Gdns, B. Hill | | | | | 13.30 KEEP FIT NEW 14.30 STRENGTH & STAB. NEW |